

Bahrain

General Information

Bahrain is a country with an approximate area of 0.71 thousand sq. km. (UNO, 2001). The country is an archipelago of low desert islands, of which the largest is Manama. Its population is 0.739 million, and the sex ratio (men per hundred women) is 135 (UNO, 2004). The proportion of population under the age of 15 years is 29% (UNO, 2004), and the proportion of population above the age of 60 years is 4% (WHO, 2004). The literacy rate is 91.5% for men and 84.2% for women (UNESCO/MoH, 2004).

The country is a high income group country (based on World Bank 2004 criteria). The proportion of health budget to GDP is 4.1%. The per capita total expenditure on health is 664 international \$, and the per capita government expenditure on health is 458 international \$ (WHO, 2004).

The main language(s) used in the country is (are) Arabic and English. The largest ethnic group(s) is (are) Arab. The largest religious group(s) is (are) Muslim.

The life expectancy at birth is 72.1 years for males and 74.5 years for females (WHO, 2004). The healthy life expectancy at birth is 64 years for males and 64 years for females (WHO, 2004).

Epidemiology

There is substantial epidemiological data on mental illnesses in Bahrain in internationally accessible literature. No attempt was made to include this information here.

Mental Health Resources

Mental Health Policy

A mental health policy is present. The policy was initially formulated in 1993.

The components of the policy are advocacy, promotion, prevention, treatment and rehabilitation.

Substance Abuse Policy

A substance abuse policy is present. The policy was initially formulated in 1983.

National Mental Health Programme

A national mental health programme is present. The programme was formulated in 1989.

National Therapeutic Drug Policy/Essential List of Drugs

A national therapeutic drug policy/essential list of drugs is present. It was formulated in 1975.

Mental Health Legislation

The latest mental health legislation is Decree 3.

The latest legislation was enacted in 1975.

Mental Health Financing

There are budget allocations for mental health.

Details about expenditure on mental health are not available.

The primary sources of mental health financing in descending order are tax based and out of pocket expenditure by the patient or family.

The country has disability benefits for persons with mental disorders.

Mental Health Facilities

Mental health is a part of primary health care system. Actual treatment of severe mental disorders is available at the primary level. Primary care is provided only after stabilization of the case. There are 23 primary care centres, each within 5 km of the catchment area, and have all psychiatric drugs. Any new drugs can be procured within a day.

Regular training of primary care professionals is carried out in the field of mental health. The psychiatry department is involved in the training of family physicians. Child care workers have been trained on issues related to mental health and behavioural disorders.

There are community care facilities for patients with mental disorders. There are regular home visits through outreach programmes of the hospital. The psychiatric community care was started in 1979 and forms an important aspect of mental health delivery system along with primary care. During community visits, family members are encouraged to participate in the treatment. Patients are given information on treatment, management and other educational items related to their illness. A day care centre that can provide services for 40 clients exists.

Psychiatric Beds and Professionals

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| Total psychiatric beds per 10 000 population | 3.3 |
| Psychiatric beds in mental hospitals per 10 000 population | 3.3 |
| Psychiatric beds in general hospitals per 10 000 population | 0 |
| Psychiatric beds in other settings per 10 000 population | 0 |
| Number of psychiatrists per 100 000 population | 5 |
| Number of neurosurgeons per 100 000 population | 0.3 |
| Number of psychiatric nurses per 100 000 population | 23 |
| Number of neurologists per 100 000 population | 1 |
| Number of psychologists per 100 000 population | 0.8 |
| Number of social workers per 100 000 population | 1.5 |

Psychiatric training is undertaken in the country with licensing from the Arab Board of Psychiatry. Beds have been earmarked for treatment of drug abusers and management of mentally challenged individuals.

Non-Governmental Organizations

NGOs are involved with mental health in the country. They are mainly involved in advocacy, promotion, prevention and rehabilitation.

Information Gathering System

There is mental health reporting system in the country. Data are available from the Bahrain Health Statistics, 1999.

The country has data collection system or epidemiological study on mental health. Data collection is hospital-based.

Programmes for Special Population

The country has specific programmes for mental health for elderly and children.

Therapeutic Drugs

The following therapeutic drugs are generally available at the primary health care level of the country: carbamazepine, phenytoin sodium, sodium valproate, amitriptyline, chlorpromazine, diazepam, fluphenazine, haloperidol, lithium, biperiden.

All drugs available at the psychiatric hospital can be made available to health centres on request and according to needs of known patients.

Additional Sources of Information

- Al-Haddad, M. K. (1989) Community psychiatry in Bahrain. World Health Forum, 10, 432.