

Bulletin Theme: Mental Health

ISD's Quality Improvement Programme promotes the use of Scotland's national health data to improve quality of care. This series of bulletins is designed to inform you about the programme as well as other work going on in ISD to support quality improvement in health care in Scotland.

If you know of any colleagues that might be interested in receiving this bulletin then let us know and we will add them to the [mailing list](#).

If you no longer wish to receive this bulletin you can [unsubscribe](#).

Background

According to the World Health Organisation (WHO), more than 450 million people worldwide are living with a mental, neurological or behavioral problem. It is estimated that 1 in 4 people will suffer from mental health problems at some point in their lifetime and that almost three quarters of Scots know someone close to them that has been diagnosed with a mental health problem.

The Scottish Executive has made mental health problems one of 3 national priorities. Mental health and well-being are essential components of all health improvement work. However, mental illnesses are some of the least understood conditions in society and for this reason they have in the past appeared less important than their physical health counterparts. Improved public health of Scotland requires both good mental health and good physical health.

This chart highlights information from the [Health Behaviour in School-Aged Children: WHO Collaborative Cross-National Study](#) – www.hbsc.org.

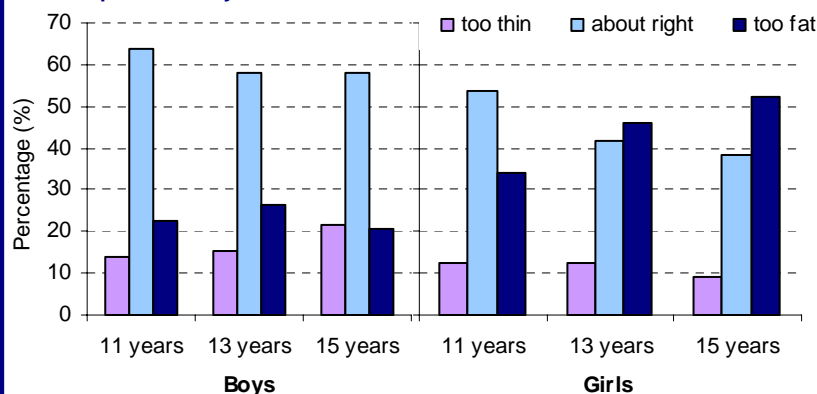
Health Behaviour in School-Aged Children (HBSC) is a survey that is carried out in Scotland every 4 years. The information for the graph below is based on the 2002 HBSC survey. The sample was nationally representative and included 4,404 pupils.

This particular study, in collaboration with WHO, focused on responses indicating the mental well-being among the children in Scotland.

The graph indicates the percentage of 11, 13 and 15 year old boys and girls perception of their body size.

More information can be found in the HBSC Breifing Paper 2 – <http://www.show.scot.nhs.uk/indicators/IQI.htm>

Perception of body size



Projects

Quality Improvement Scotland (QIS) is producing two Clinical Indicators reports this year. One of these is dedicated to mental health. Other QIS mental health initiatives include a strategic work programme for improving the quality of mental health services in Scotland and an audit of Integrated Care Pathways for postnatal depression. www.nhshealthquality.org

The 'Doing well by people with depression' programme supported by the Centre for Change and Innovation (CCI) ran for three years from April 2003. Psychological therapy approaches from this programme will now be rolled out throughout Scotland. Data

collected from the programme are to be used in the QIS Clinical Indicators report. www.cci.scot.nhs.uk

The 'Improving Mental Health Information Programme' (IMHIP) in ISD supports the development of mental health services in Scotland. Current projects include developing information sets such as the 'Information Core for Integrated Care' (ICIC). ICIC is intended to be a dataset collecting detailed information on care provided during encounters with specialist mental health services. The programme also produces a monthly bulletin to keep you up to date with mental health issues around Scotland. www.isdscotland.org/imhip

Mental Health in Numbers

1 The number of Scottish patients diagnosed by a GP with anxiety/depression each minute.

1 in 4 The proportion of mothers diagnosed with anxiety/depression in the first year after birth.

2 in 3 The ratio of drug clients having a mental health problem.

5 The number of times more likely a child's chance of development delay if born with low birth weight.

50% The percentage of 11-15 years olds with a mental disorder that use cannabis regularly.

40% The extra percentage per head spent on anti-depressant prescriptions in Scotland compared to England.

74% The percentage of female psychology services staff working in mental health.

65% The percentage of male psychiatric discharges mentioning alcohol problems

2020 The year that depression is estimated to become the second largest cause of death and disability in the world.

For more information go to: <http://www.show.scot.nhs.uk/indicators/IQI.htm>

Next bulletin theme: Hospital Acquired Infections (HAIs)

If you have any work on HAIs that you could share for our next bulletin, we would like to hear from you. We would also be interested in hearing from anybody involved with Quality Improvement in mental health. Alternatively, if you would like to see a particular theme in another bulletin then let us know. Please e-mail **Rebecca Kaye** or telephone 0131 275 6434