Mental Health Inpatient Activity in Scotland

Annual – Year ending 31 March 2019

A National Statistics publication for Scotland

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About this release

This release by Information Services Division presents information on patients with mental health problems treated as inpatients in Scottish inpatient facilities. Data are included from 1 April 1997 to 31 March 2019.

Main Points

- In 2018/2019 there were 47,790 mental health discharges, an increase of 3% from 2017/2018. This is the highest number of discharges since 1997/1998.
- From 2012/2013, there has been an increase in discharges for mental health conditions from non-psychiatric specialties.
- From 2016/2017, the number of discharges from psychiatric specialties has been lower than non-psychiatric specialties.


- In 2018/2019, the most common diagnosis for mental health discharges was mental & behavioural disorders due to psychoactive substance use.
- Since 1997/1998 the number of patients treated in psychiatric specialties for mood (affective) disorders has seen a steady decline from 6,140 to 2,910, a larger decrease than any other diagnostic group.
- In 2018/2019 most mental health inpatients were treated within the NHS Board area in which they lived with approximately 5% treated elsewhere.
• 35% of people who experienced mental health inpatient care in 2018/2019 were in the age range 40 - 64 years. This was the most common age group.
• Of the 760 patients under 18 who experienced mental health inpatient care in 2018/2019, 57% were female.
• People living in the most deprived areas were around three times more likely to experience inpatient psychiatric care than people living in the least deprived areas.

**Background**

Patients receiving inpatient care in mental health (psychiatric) facilities generate records held nationally on Scottish Morbidity Record 04 (SMR04). Patients receiving care as inpatients and day cases in acute (non-psychiatric hospitals) generate records held nationally on Scottish Morbidity Record 01 (SMR01). Charts and tables featured in the previous version of this release are available on request. Activity in the learning disability specialty has been excluded from this data release, and will be released separately later in 2019.

Data presented for 1 April 1997 to 31 March 2019 are provisional and subject to change in future publications as submissions may be updated to reflect a more accurate and complete set of data from NHS Boards.

There are known issues with the quality of data presented which are summarised within the data issues and completeness document which accompanies this publication. However, the statistics presented are considered to be of high enough quality to be released in this publication.

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**Further Information**

Further information is available on the mental health section of the website.

The information in this publication is also available as open data, this can be found on our open data platform.

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**ISD and Official Statistics**

Information Services Division (ISD) is the principal and authoritative source of statistics on health and care services in Scotland. ISD is designated by legislation as a producer of ‘Official Statistics’. Our official statistics publications are produced to a high professional standard and comply with the Code of Practice for Official Statistics. [Further information about our statistics](#).