

SRI LANKA'S FIRST EVER ISLAND WIDE COMPREHENSIVE MENTAL HEALTH SURVEY

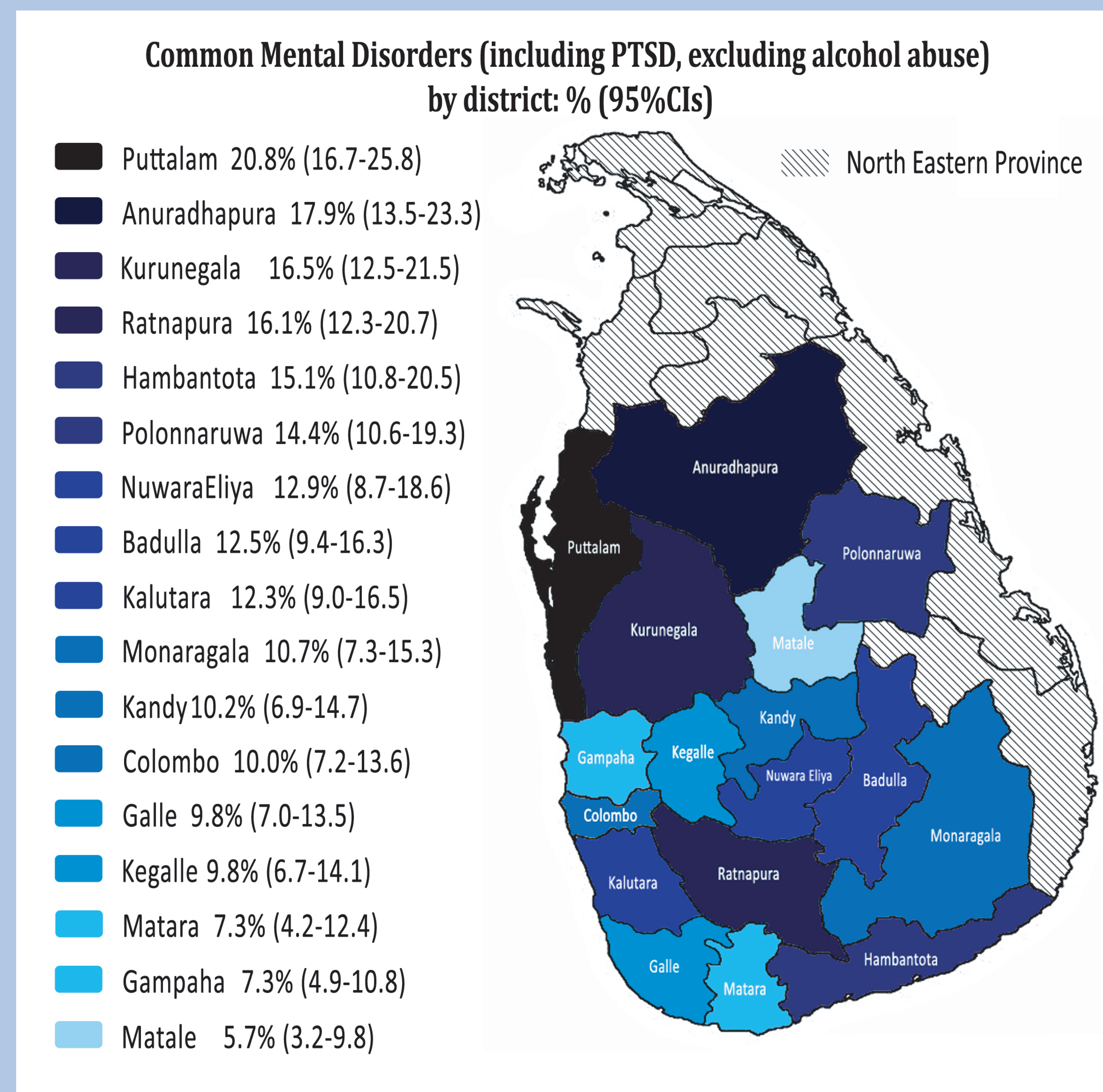
Conducted by the Institute for Research & Development in 2007, commissioned by the Directorate of Mental Health, and funded by the Sri Lanka Health Sector Development Project of the Ministry of Healthcare and Nutrition.

- Around 14% of the global burden of disease has been attributed to neuropsychiatric disorders, mostly due to the chronically disabling nature of depression and other 'common mental disorders'.
- Five major contributors to the leading causes of disability belong to mental illness. These include unipolar and bipolar depression, alcohol use disorders, schizophrenia and dementia.
- Sri Lanka has lacked data on overall prevalence estimates and most were estimates based on assumptions. (World Health Organization, 2005, Mental Health Atlas. Department of Mental Health and Substance Abuse, WHO, Geneva)

10%
of the population suffers from **one or more** Mental Disorders

6.9%
suffer from Mild to Moderate Depression

2.9%
suffer from Somatoform Disorder



2.4%
suffer from Major Depression

2.9%
suffer from Post-Traumatic Stress Disorder

1.9%
suffer from Anxiety

- The survey was divided into 3 parts; community and school based surveys, and a survey of attitudes of professionals and the public on mental health in Sri Lanka. The survey was planned to cover all 25 districts, however due to the civil war, it was not possible to cover the northern and eastern provinces.
- **Community survey** included a total of 6120 participants (aged 16 to 65 years). A total of 3777 children were recruited for the school survey from each district.
- The **mental health literacy and attitudes survey part** was conducted to capture attitudes of different categories of professionals and public's attitudes on mental illnesses.

A report has been submitted to the Ministry of Health with conclusions and recommendations.

