

Contents

	List of tables	x
	List of figures	xii
	List of boxes	xiv
	List of contributors	xvi
	Series editors' introduction	xx
	Foreword by Judith Klein, Open Society Institute	xxii
	Foreword by the Minister of Health and Care Services of Norway	xxiv
	Acknowledgements	xxvi
one	<i>Mental health policy and practice across Europe: an overview</i>	1
	<i>Martin Knapp, David McDaid, Elias Mossialos and Graham Thornicroft</i>	
two	<i>The historical development of mental health services in Europe</i>	15
	<i>Edward Shorter</i>	
three	<i>Tackling social exclusion across Europe</i>	34
	<i>Liz Sayce and Claire Curran</i>	
four	<i>Financing and funding mental health care services</i>	60
	<i>Martin Knapp and David McDaid</i>	

five	The evidence base in mental health policy and practice	100
	<i>Rachel Jenkins, David McDaid, Traolach Brugha, Paul Cutler and Robert Hayward</i>	
six	Developments in the treatment of mental disorders	126
	<i>Ville Lehtinen, Heinz Katschnig, Viviane Kovess-Masfety and David Goldberg</i>	
seven	Psychopharmaceuticals in Europe	146
	<i>Nikolas Rose</i>	
eight	A policy framework for the promotion of mental health and the prevention of mental disorders	188
	<i>Eva Jané-Llopis and Peter Anderson</i>	
nine	Common mental health problems in primary care: policy goals and the evidence base	215
	<i>Simon Gilbody and Peter Bower</i>	
ten	Reforms in community care: the balance between hospital and community-based mental health care	235
	<i>Francesco Amaddeo, Thomas Becker, Angelo Fioritti, Lorenzo Burti and Michele Tansella</i>	
eleven	Addiction and alcohol use disorders	250
	<i>Peter Anderson</i>	
twelve	Housing and employment	280
	<i>Robert Anderson, Richard Wynne and David McDaid</i>	
thirteen	Developing mental health policy: a human rights perspective	308
	<i>Camilla Parker</i>	
fourteen	The user and survivor movement in Europe	336
	<i>Diana Rose and Jo Lucas</i>	
fifteen	The mental health care of asylum seekers and refugees	356
	<i>Charles Watters</i>	
sixteen	Carers and families of people with mental health problems	374
	<i>Lorenza Magliano, David McDaid, Susan Kirkwood and Kathryn Berzins</i>	
seventeen	Mental health policy in former eastern bloc countries	397
	<i>Toma Tomov, Robert Van Voren, Rob Keukens and Dainius Puras</i>	

eighteen	<i>Global perspective on mental health policy and service development issues: the WHO angle</i>	426
	<i>Michelle Funk, Natalie Drew and Benedetto Saraceno</i>	
	Index	441

List of tables

2.1	Beds in state psychiatric hospitals as a percentage of total psychiatric beds: EU states and candidate states, 1972–2001	24
5.1	A matrix of evidence	107
6.1	Need for treatment due to mental disorders in some selected population studies	129
7.1	Psychiatric drug prescribing 1990–2000 in selected regions (standard dosage units, thousands)	151
7.2	Psychiatric drug prescribing in 2001 in selected regions by drug class (standard dosage units per 1000 population)	152
7.3	Psychiatric drug prescribing 1990–2000 in Europe (standard dosage units, thousands)	153
7.4	Psychiatric drug prescribing 1990–2000 in Europe (standard dosage units per 1000 population)	153
7.5	Antidepressant prescribing 1990–2000 in Europe (standard dosage units per 1000 population)	154
7.6	Europe by drug type and country: antidepressants – all	155
7.7	Europe by drug type and country: antidepressants – conventional	156
7.8	Europe by drug type and country: antidepressants – SSRI	157
7.9	Europe by drug type and country: antipsychotics – all	158
7.10	Europe by drug type and country: antipsychotics – typical	159
7.11	Europe by drug type and country: antipsychotics – atypical	160
7.12	Europe by drug type and country: anxiolytics	161
7.13	Europe by drug type and country: psychostimulants (methylphenidate and dexamphetamine)	162

7.14	Europe comparative prescribing of major drug classes by country (2002) (SU per 1000 population)	163
7.15	Antidepressant prescribing 1996–2001 in the Nordic countries in DDD per 1000 inhabitants	164
7.16	Antipsychotic prescribing 1996–2001 in the Nordic countries in DDD per 1000 inhabitants	164
7.17	Anxiolytic prescribing 1996–2001 in the Nordic countries in DDD per 1000 inhabitants	165
7.18	Hypnotic prescribing 1996–2001 in the Nordic countries in DDD per 1000 inhabitants	165
7.19	Psychiatric inpatient beds 1986–2001 in Europe per 100,000 population	166
7.20	Decline in psychiatric inpatient beds 1986–2001 in EU and Nordic countries (figures are beds per 100,000)	167
7.21	Relation of inpatient bed numbers per 100,000 (1997) to rates of prescribing antidepressants and antipsychotics (SU per 1000) (1997 chosen for most complete year of bed statistics)	168
7.22	Relation of psychiatric drug prescribing and proportion of health budget spent on pharmaceuticals	170
7.23	Psychiatric drug prescribing in England 1980–2000 (millions of prescription items dispensed)	172
7.24	Psychiatric drug prescribing (retail sales) 1990–2001 in Italy and France in standard dosage units per 1000 population	174
10.1	Mental health care in the 25 EU member states	237
11.1	Relative risks for stated conditions based on alcohol consumption	255
11.2.	Change in death rates (%) from a 1-litre increase in alcohol consumption per capita in low, medium and high consuming European countries for men (M) and women (F)	259
11.3	Global burden of disease (DALYs in 1000s) attributable to alcohol by major disease categories for year 2000	260
11.4	Summary of studies looking at the social cost of alcohol	261
11.5	Summary ratings of policy-relevant interventions and strategies	262
12.1	Types of workplace stress intervention	297
14.1	Number of user groups known to ENUSP	343
15.1	Asylum claims submitted in the EU-15, 1990–2003	361
15.2	The top five European asylum seeker nationalities in Europe between 2001 and 2003	362
17.1	General information and service provision data by country	421
18.1	Point prevalence rates of some common mental disorders	428

List of figures

4.1	The production of welfare framework, revenue collection and commissioning	62
4.2	The mixed economy matrix for mental health	66
4.3	Structure of financing mental health care in Austria	72
7.1	EU comparative prescribing of main drug classes, 2002 (SU per 1000 population)	164
7.2	Prescriptions for psychoactive drugs (millions) in the United Kingdom 1960–1982	171
9.1	Pathways to care for common mental health problems	218
10.1	Total psychiatric beds and psychiatric beds in mental hospitals per 10,000 population in the 25 EU member states	238
11.1	Alcohol consumption in the four countries with the highest consumption in 1970, and the four countries with the lowest consumption, EU 1970–2001	252
11.2	Alcohol consumption in the original EU-15, the new EU-10 and the EU-25, 1970–2001	253
11.3	SDR chronic liver disease and cirrhosis in the original EU-15, the new EU-10 and the EU-25, 1970–2001 (excluding Hungary)	254
11.4	The proportion of heavy drinkers by alcohol consumption: eight English regions	258
11.5	Death from liver disease by per capita alcohol consumption in 15 European countries	258
11.6	Impact of different policies in preventing DALYs per 1 million population per year	267

11.7	Cost-effectiveness of different policy options (€ per DALY prevented)	268
11.8	The strictness and comprehensiveness of alcohol control policies in 15 European countries, 1950 and 2000	269
11.9	The strictness and comprehensiveness of alcohol control policies in the European Comparative Alcohol Study (ECAS) countries according to subgroups of alcohol control, 1950 and 2000	269
11.10	The relationship between change in alcohol policy 1950–2000 and the change in alcohol consumption (adjusted for changes in purchasing power) 1970–2000	270
11.11	Proportion of EU countries with policy area, compared with the rest of the world	271
18.1	WHO-recommended optimal mix of services	436

List of boxes

3.1	A personal testimonial of work discrimination	46
3.2	Strategies for greater inclusion	53
3.3	Policy directions for greater inclusion	54
4.1	Mental health care financing in Austria	70
4.2	Financing mental health services – the case of Norway	78
4.3	Funding mental health care in England	92
5.1	Elements of a blueprint for improving the construction of evidence-informed policy	108
5.2	Examples of capacity developments fostered by the Pathways to Policy project	118
8.1	Definitions of mental health promotion and mental disorder prevention	189
8.2	Some efficacious approaches for prevention and promotion in mental health	191
8.3	Promoting re-employment and mental health	196
8.4	Depression prevention for adolescents at risk	197
8.5	Long-term effects of preschool education for at-risk children	202
8.6	Main determinants for effective implementation and sustainability	205
9.1	A systematic review of the clinical and cost-effectiveness of strategies to improve the management of depression in primary care conducted by the Cochrane Effective Practice and Organization of Care (EPOC) group	222
10.1	WHO recommendations on mental health policy	241

13.1	United Nations international human rights: key treaties	309
13.2	The Council of Europe and human rights: key treaties	309
18.1	Recommendations in <i>The World Health Report 2001</i>	427
18.2	Quality standards	435