

Outlining a Psychological Psychotherapeutic Perspective



ON
Depression



COUNTRY FIGURES

PORTUGAL



PORTUGAL

10.6 Millions inhabitants

119 Per square kilometer

15.039 GDP/Per Capita

Expenditure on Health:

10 Billions Euros

6.7% Gross Domestic Product

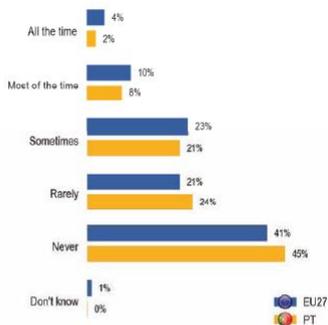


www.pordata.pt

MENTAL HEALTH- EUROBAROMETER 2010

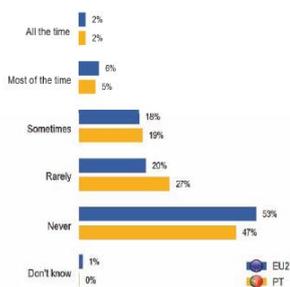
QD1.1. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

You have accomplished less than you would like as a result of a physical health problem



QD1.2. During the past 4 weeks how often have you had any of the following problems in your day-to-day life whether at work, at home or elsewhere?

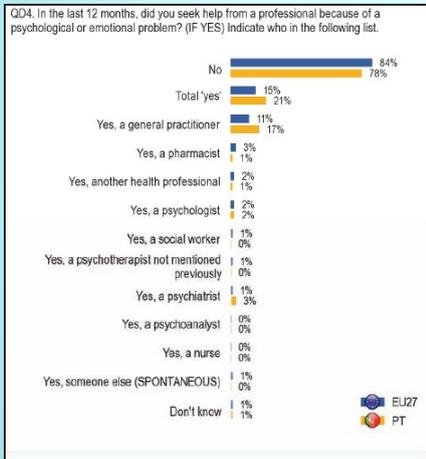
You have accomplished less than you would like as a result of an emotional problem (such as feeling depressed or being anxious)



EUROBAROMETER 73.2
RESULTS FOR PORTUGAL



MENTAL HEALTH

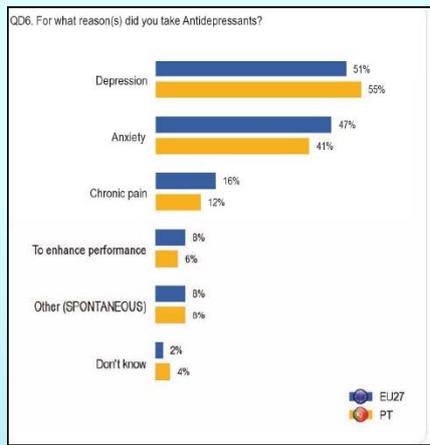
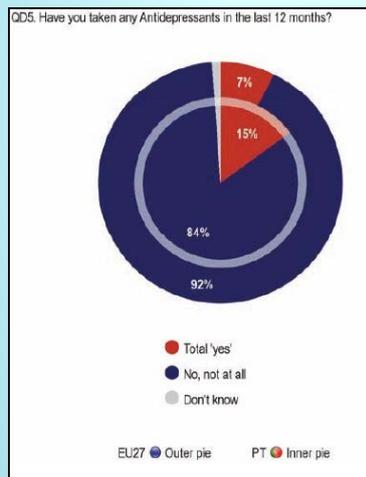


QD4. In the last 12 months, did you seek help from a professional because of a psychological or emotional problem? (IF YES) Indicate who in the following list.

	EU27		PT	
	EB73.2	EB/3.2 - EB64.4	EB73.2	EB/3.2 - EB64.4
No	84%	-3	78%	-5
Total 'yes'	15%	+2	21%	+5
Yes, a general practitioner	11%	+2	17%	+6
Yes, a pharmacist	3%	+1	1%	+1
Yes, another health professional	2%	=	1%	-1
Yes, a psychologist	2%	=	2%	=
Yes, a social worker	1%	+1	0%	=
Yes, a psychotherapist not mentioned previously	1%	=	0%	=
Yes, a psychiatrist	1%	-1	3%	-1
Yes, a psychoanalyst	0%	=	0%	=
Yes, a nurse	0%	=	0%	=
Yes, someone else (SPONTANEOUS)	1%	+1	0%	=
Don't know	1%	+1	1%	+1

Evolution 02-03/2010 (EU27) - 01/2006 (EU25)

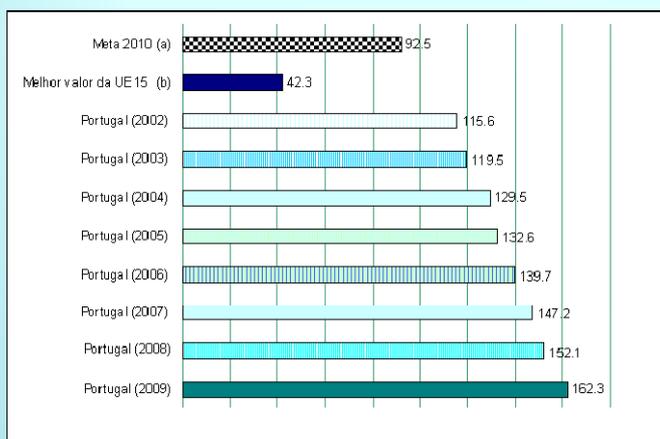
MENTAL HEALTH



INCREASE IN THE PSYCHOTROPIC USE

- ▶ A recent study from Infarmed: Portuguese Regulatory Agency to medicines
- 52% increase in use of psychotropic medicines
- ▶ 177% Increase in consumption of Antidepressants
- 140% Increase in consumption of Antipsychotics
- ▶ 11% Increase in consumption of tranquilizers

PORTUGAL HAS INCREASED SHARPLY THE PRESCRIPTION OF PSYCHOTROPICS



National Health Service

- ▶ Number of Psychiatrists: 438
- ▶ Per 25 000 : 1 Apr
- ▶ Total Psychiatrists: 957
- ▶ Per /25 000: 2 Apr
- ▶ Total Clinical Psychologists
- ▶ 160 Per/ 25 000
- ▶ 0,377
- ▶ Estimated Number of Patients who are consuming Antidepressants
- ▶ 15% Population Attended last 12 months by Services Specialized
- ▶ 170 000 Aprox.
- ▶ 1,7 % Population

National Mental Health Plan (2007/2016)

- ▶ “The hospital continues to use the most resources (83%), when all scientific evidence shows that interventions in the community, closest to the people, are the most effective and preferred by users and families.
- ▶ One inevitable consequence of this distribution of resources is reduced development of community services registered in Portugal.”

National Mental Health Plan (2010/2017)

National Mental Health Plan
Express a medical perspective.

- ▶ “Mental health teams continue to rely on a small number of psychologists, nurses, technicians, service social, occupational therapists and other non-medical professionals”
- ▶ Most of the teams keep the traditional pattern of psychiatric inpatient services rather than the standard followed by modern mental health services.”

PSYCHOTHERAPY NATIONAL HEALTH SERVICE

A Specialized public service of Psychotherapy is named only in the specific case of toxicdependence centres and rehabilitation.

The work of Clinical Psychologists in the health Centres and Hospitals doesn't require specific expertise in Psychotherapy.

PSYCHOTHERAPY

GENERALLY, NOT PROVIDED AT THE NATIONAL HEALTH SYSTEM,

AVAILABLE AT SPECIALIZED PRIVATE SECTOR.

PATIENTS WITH STATE INSURANCE COULD ONLY ASK PARCIAL REIMBURSEMENT WITH PSYCHIATRIST PRESCRIPTION

NOT FINANCED BY SOCIAL INSURANCE NOR BY PRIVATE HEALTH INSURANCE



PSYCHOTHERAPY

THE MOST COMMON PSYCHOTHERAPEUTIC ORIENTATIONS:

- COGNITIVE-BEHAVIOURAL
- PSYCHODINAMIC-PSYCHOANALITIC
- SISTEMIC
- HUMANISTIC



PSYCHOTHERAPEUTIC PROFESSIONALS

- ▶ PSYCHOTHERAPEUTIC ACTIVITY IS NOT REGULATED IN PORTUGAL
- ▶ PSYCHOLOGY TITLE AND PROFESSION ARE REGULATED
- ▶ MOST OF PSYCHOTHERAPISTS ARE PSYCHOLOGISTS



A RECENT CONSUMER SURVEY SHOWS:

- ▶ 28% of people asked for psychological help in the last three years.
The professionals approached were:
 - 1)The most sought after was the Family GP (39,1%)
- ▶ 2)The Psychiatrist (29,6%)
- ▶ 3)The Medical Doctor with other Speciality(27,7%)
- ▶ 4)The Psychologist(14,9%)



COMPARED EFFECTIVENESS OF PSYCHOTHERAPY AND PSYCHOPHARMACOLOGY

- ▶ COMPLAINTS:
 - ▶ DEPRESSION (17,5%)
 - ▶ ANXIETY (15,5%)
 - ▶ NEGATIVE EMOTIONS (12,6%)
 - ▶ STRESS (7,6%)
 - ▶ WORK RELATED(7%)
- ▶ INTERVENTION MODELS MOST USED:
 - ▶ PSYCHOPHARMACOLOGY
 - ▶ PSYCHOTHERAPY
 - ▶ COGNITIVE-BEHAVIOURAL

COMPARED PERCEIVED EFFECTIVENESS OF PSYCHOTHERAPY AND PSYCHOPHARMACOLOGY

- ▶ THE MAJORITY OF PATIENTS REPORTED
 - ▶ AN IMPROVEMENT
 - ▶ IN THEIR CONDITION
 - ▶ WITH THE TALKING CURES
- ▶ 76,4 % of Patients would recommend the professional
- ▶ THE EXCLUSIVE PSYCHOPHARMACOLOGICAL INTERVENTION SHOWS WORSE INDEXES OF PERCEIVED IMPROVEMENT
- ▶ APPROXIMATELY 55% of the psychiatrist`s patients would recommended them.

COMPARED PERCEIVED EFFECTIVENESS OF PSYCHOTHERAPY AND PSYCHOPHARMACOLOGY

- ▶ PERCEIVED IMPROVEMENT WITH PSYCHOLOGIST`S PSYCHOTHERAPY
- ▶ 73% Improvement
- ▶ 1% Deterioration
- ▶ PERCEIVED IMPROVEMENT WITH PSYCHIATRIST`S PSYCHOTHERAPY
- ▶ 71% Improvement
- ▶ 0,8% Deterioration

SUICIDE RISKS ON DEPRESSION

PORTUGAL
HAS THE HIGHEST
RATE OF SUICIDE
IN EUROPE

(ALENTEJO)

INTERIOR SOUTH

POSSIBLY CAUSED

BY:

POPULATION
AGEING
DESERTIFICATION
ISOLATION
LONELINESS

OTHER RISKS FACTORS

- ▶ HIGH RATE ALCOOLISM
- ▶ (LINKED TO DEPRESSION)
- ▶ UPROOTING POPULATION IN THE CITY
- ▶ WEAKENING OF FAMILY TIES



OTHER RISKS FACTORS(2)

- ▶ POST-TRAUMATIC STRESS OF EX-COMBATANT
- ▶ HIGH-UNEMPLOYMENT RATES
- ▶ RECENT DEPLETION OF THE MIDDLE CLASS
- ▶ SUDDEN CHANGES OF QUALITY OF LIFE DUE TO CRISIS



TO CHANGE THE PERSPECTIVE

Psychological and Psychotherapeutic approach to the Management of Depression:

- ▶ Promotion of changes in the individual level.
- ▶ Creation of stronger social and familiar bonds.
- ▶ Coping with Relational Conflit.
- ▶ Resolution of Emotional and Cognitive problems.
- ▶ Coping appropriately with dramatic changes during the circle of life. >>

TO CHANGE THE PERSPECTIVE

- ▶ WORKING FOCUS IN THE WELL-BEING OF THE PATIENTS
- ▶ GIVING PUBLIC VISIBILITY TO THE WORK ON PSYCHOTHERAPY
- ▶ PARTNERSHIP AMONGST HEALTH PROFESSIONALS
- ▶ CREATION OF A TASK FORCE WITH PSYCHOLOGIST SPECIALIZED ON PSYCHOTHERAPY ON DEPRESSION
- ▶ OPENESS OF A PUBLIC DEBATE ABOUT THE PSYCHOTHERAPEUTIC OPTIONS FOR TREATMENT ON DEPRESSION

National Mental Health Plan (2010/2017)

“Teams of mental health continue to rely on a small number of psychologists, nurses, technicians, service social, occupational therapists and other non-medical professionals,

-The teams keep the traditional pattern of psychiatric inpatient services rather than the standard followed in modern mental health services.”

NATIONAL PLAN MENTAL HEALTH

- ▶ National Program Against Depression:

Usually fails to provide psychotherapeutic support to depressive patients, exposing them to risks of chronic and sometimes to suicide

- ▶ Launched in 2005 is now under avaluation:

Without any doubts: it was very sucessfull in improving of the prescripcion of Antidepressants by General Practitioners(GP). >>>

HOW PROMOTE CHANGES ON DEPRESSION HEALTH POLICY?

- ▶ CHANGE OF THE PUBLIC UNDERSTANDING OF DEPRESSION
- * DEVELOPING THE INTEGRATION OF PSYCHOLOGICAL KNOWLEDGE
- * UNDERLINE THE PSYCHOLOGICAL ETIOLOGY ON DEPRESSION
- * PROVIDE SPECIALIZED PROXIMITY SERVICES OF PSYCHOTHERAPY

