

DOES THE NHS GIVE ENOUGH PRIORITY TO MENTAL HEALTH?

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OVERVIEW

- **Huge share of mental illness in total disability : 50%**
 - **Huge economic cost : £30 billion p.a.**
 - **Cost-effective treatments exist : many self-financing**
 - **Under-treatment : only 25% treated**
 - **Improved Access to Psychological Therapy : but more needed**
- Share of NHS on mental health should increase**

1. SOURCES OF DISABILITY

	% of disability	(% of disability – adjusted life-years lost)
Mental Illness		
Depression	17	
Other psychiatric conditions	12	
Alzheimers	8	
Addictions	10	
	47	(25)
Physical Illnesses	53	(75)
TOTAL	100	(100)

Source: WHO: World Health Report, 2002, W. Europe

DEGREE OF DISABILITY (per condition)

	Effect on health score
Asthma	-7
Angina	-7
Arthritis	-6
Diabetes	-4
Depression	-14

Source: Moussavi et al, *The Lancet*, 2007. Uses WHO World Health Survey

PREVALENCE

Adults	%
Schizophrenia	0.5
Depression	8.5
Anxiety Disorders	8.5
Dementia	1.5
TOTAL	19

Children (5-16)	%
Emotional disorders	4
Conduct disorder/ADHD	6
TOTAL	10

Source: ONS: Psychiatric Morbidity Survey, 2007; Mental health of children and young people, 2004

OTHER MEASURES OF DISEASE BURDEN

Attendances at GP surgeries

25% are diagnosed as mental illness

Incapacity Benefits

43% are recorded as mental illness

Source: Centre for Mental Health

2. ECONOMIC COST

Loss of output **£30 billion p.a.**

NHS costs

Mental health services **£11 billion p.a.**

Other NHS services ?

Costs of child mental illness

Educational failure ?

Crime ?

Source: Centre for Mental Health, 2010

3. COST-EFFECTIVE TREATMENTS : EXAMPLES SUPPORTED BY NICE

(A) CBT for adult depression/anxiety

Recovery rate 40%

Savings on benefits + taxes > £1 per £1 spent

Savings on healthcare costs > £1 per £1 spent

(B) Parent training for child conduct disorder

Savings to criminal justice > £1 per £1 spent

Savings to NHS > £1 per £1 spent

Source: (A) Layard et al, *NIER*, 2007 (CBT = Cognitive Behavioural Therapy)
Chiles et al, *Clinical Psychology: Science and Practice*, 1999
(B) Knapp et al, *DH*, 2011

4. UNDER-TREATMENT

Adults with depression and anxiety medication)	25% treated (mostly
Children with mental illness	25% treated
People with chronic physical conditions	c.90% treated

WHY?

- **Lack of facilities for GPs to refer**
- **Lack of GP training**
- **Stigma**
Source: GNS surveys (see above)

5. GOOD NEWS: IAPT

(Improving Access to Psychology Therapy)

Aim : Implement NICE Guidelines by 2014
Treat 15% of diagnosable cases per year

Need : 8,000 therapists in total

Steady state cost : around £400 million

BUT not enough to treat much of

Medically Unexplained Symptoms
Chronic Physical Illness
Children in need

NHS MENTAL HEALTH SPENDING

	£ billion
Children	< 1
Adults of working age	
Inpatients	3
Others (but largely schizophrenia or bipolar)	3
Old people	4
	11

Source: DH, Finance Mapping and Reference costs documents 2009/10

6. HOW NHS SPENDING SHOULD CHANGE

CONTEXT • Extra spending on unmet need + new need
• Cuts to finance it

Unmet need = MUS + Chronically Ill + Children
+ Research

Disproportionately large in mental health

New need = Dementia

Disproportionately large in mental health

Thus MH needs disproportionate share of extra spending

CONCLUSION

Extra spending : MH needs disproportionate share

Cuts: MH should not have disproportionate share

→ MH share of total should rise