# DOES THE NHS GIVE ENOUGH PRIORITY TO MENTAL HEALTH?

#### **RICHARD LAYARD**

CENTRE FOR ECONOMIC PERFORMANCE, LONDON SCHOOL OF ECONOMICS

www.cep.ac.uk/layard

#### **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

	% of disability	(% of
Mental Illness		disabili
Depression	17	adjuste
Other psychiatric conditions	12	years lo
Alzheimers	8	
Addictions	10	
	47	(25)
Physical Illnesses	53	(75)
TOTAL	100	(100

	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 Surv			

PREVALENCE			
	Adults	%	
	Schizophrenia	0.5	
	Depression	8.5	
	<b>Anxiety Disorders</b>	8.5	
	Dementia	1.5	
	TOTAL	19	
	Children (5-16)	%	
	<b>Emotional disorders</b>	4	
	Conduct disorder/ADHD	6	
	TOTAL	10	
<i>Source:</i> 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	?	

<b>3. COST-EFFECTIVE TREATMENTS :</b>
<b>EXAMPLES SUPPORTED BY NICE</b>
(A) CPT for adult depression/anviety
(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, <i>DH</i> , 2011

4. UNDER-TREATMENT		
Adults with depression and anxiety medication)	<b>25% treated</b> (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 • Stigners 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

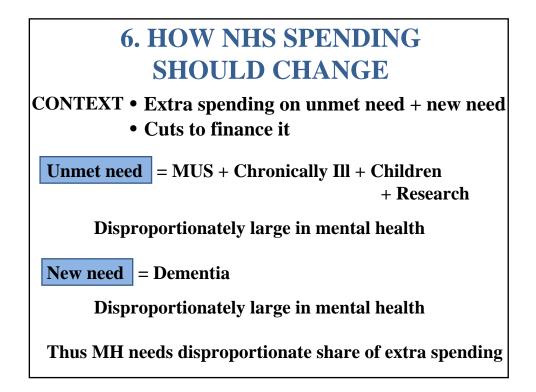
Need: 8,000 therapists in total

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	
	<b>Others</b> (but largely schizophrenia or bipolar)	3	
	Old people	4	
		11	
Source: DH, Finance Mapping and Reference costs documents 2009/10			



#### CONCLUSION

Extra spending : MH needs disproportionate share

**Cuts: MH should not have disproportionate share** 

→ MH share of total should rise