HOW MENTAL ILLNESS LOSES OUT IN THE NHS

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MENTAL ILLNESS

1. **40% of all ill health.**
2. **More debilitating than most chronic physical conditions.**
3. **Raises the costs of physical healthcare by some £10 billion p.a.**
4. **Cost-effective treatments exist, which pay for themselves in savings on physical healthcare (and also in savings on benefits and lost taxes).**
5. **Yet under 1/3 of sufferers get treated.**

1. THE BURDEN OF DISEASE

	% of all morbidity	% of all QALYs lost
Mental illness	38	23
Cardiovascular	6	16
Cancer	3	16
Respiratory	11	8
Sense organs	13	7
Diabetes	2	2
Other	27	28
TOTAL	**100**	**100**

Source: WHO, 2008.

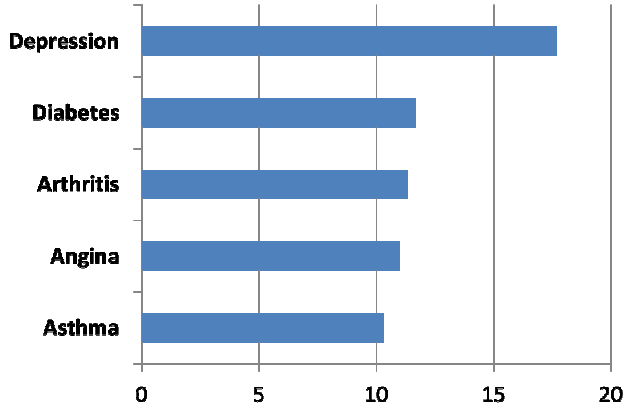
For the same reason, mental illness accounts for

40% of all sickness absence
40% of all incapacity benefits

2. EFFECTS OF MENTAL ILLNESS

(1) Loss in health-related quality of life

(Difference from "No chronic condition", % points)



Source: Moussavi et al., 2007.

(2) Effects on age-specific mortality rates (Odds ratios)

	Adjusted for age/sex	"Fully adjusted"
Depression	1.52	1.27
Smoking	1.59	1.42

Source: Mykletun et al., 2009.

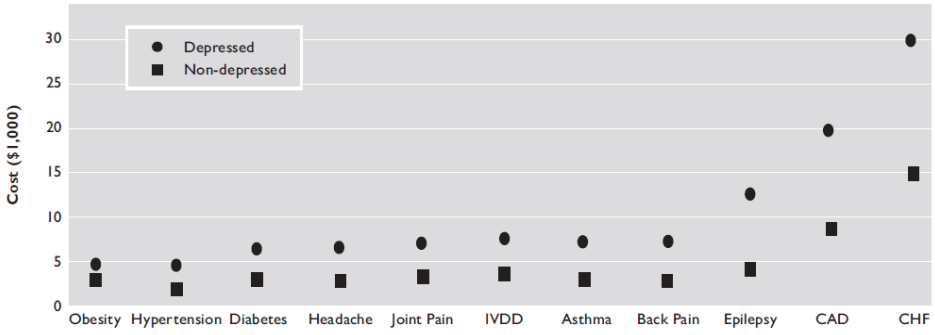
3. EXTRA COSTS OF PHYSICAL HEALTHCARE

- **For people with chronic physical illness of given severity, mental illness increases healthcare costs by 45-75% i.e. by at least £10 billion.**

- **"Medically unexplained symptoms" cost another £3 billion**

Sources: Naylor et al., 2012; Katon, 2003; Unutzer et al., 2009; Welch et al., 2009; Bermingham et al., 2010; Hochlehnert et al., 2011; Maslow, 2004; Hutter et al., 2010.

Annual cost of physical healthcare per patient (Colorado Access claims)



Source: Welch et al., 2009.

4. COST-EFFECTIVE TREATMENTS EXIST

e.g. Cognitive Behavioural Therapy (CBT)

- **Low cost (£900 for 10 sessions)**
- **Good recovery rates (32% compared with no treatment)**
- **Low number needed to treat (3)**

Source: Layard et al., 2007.

EFFECT ON COST OF PHYSICAL HEALTHCARE

- **In 26 of 28 U.S. trials savings on physical care exceeded cost of CBT.**
- **For people with COPD, angina and diabetes, CBT-based interventions reduce the net cost.**
- **So CBT expansion likely to have negative cost to the NHS. Treating 15% of the untreated cases could give gross savings of £1/2 billion.**
- **This exceeds the gross cost of £300m.**

Sources: Chiles et al., 1999; Howard et al., 2010; Moore et al., 2007.

EFFECT ON BENEFITS AND LOST TAXES

In 2006 we forecast that these savings would outweigh the costs of extra CBT. Subsequent evidence supports this claim.

Source: Layard et al., 2007.

5. GROSS UNDER-TREATMENT

% of people with depression and anxiety in treatment (2007)

Medication only	14
Counselling or therapy (mostly counselling)	10
	24
By 2011 still under 33%	

Expenditure on depression and anxiety disorders (2011) (£billion, approx)

GP consultations	1.5
Prescriptions	0.8
Secondary care	0.5
Improved Access to Psychological Therapies	0.2
Total	**3.0**

i.e. 3% of NHS expenditure on 15% of the burden of disease

13

IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES (IAPT)

- **Aim : provide NICE-recommended therapies to all who need them.**
- **Method : rigorous 1-year training programme**

  : new services, using session-by-session monitoring of patient's progress
- **Now reaching 10% of diagnosable population, with recovery rates above 40%.**

14

THE WAY FORWARD FOR IAPT

- **Government has provided commissioners with money to treat 15% of the diagnosable population in 2015.**
- **But the 60 outcomes in the NHS Outcomes Framework include neither access to nor recovery from depression/anxiety. This is totally unacceptable.**
- **2015-2020. Expansion needed to reach 25% of diagnosable population, especially chronic physically ill with mental health problems. Close link to physical care.**
- **By 2020 transform CAMHS into evidence-based service.**
- **Can only happen if Commissioning Board has a single IAPT unit.**

OTHER CHANGES NEEDED

- **GP training.**

Should include a mental health rotation (ideally in IAPT)

- **Improved recruitment in psychiatry**
- **Above all, commissioners who treat mental illness as at least ¼ of their business**

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