Prevention of Depression in the Spanish Strategy for Mental Health

Prevention of Depression and Suicide – Making it Happen

Thematic Conference under the European Pact for Mental Health and Well-being

Organized jointly by the Ministry of Health of Hungary and DG Health and Consumers, with the support of the Swedish Presidency of the European Union and in collaboration with the WHO

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SPAIN

17 Autonomic Communities

2 Autonomic Cities

Inhabitants: 46,157,822
# National Health System

<table>
<thead>
<tr>
<th>Ministry of Health and Social Policy (Spanish Government)</th>
<th>Basic and general coordination of health</th>
<th>Coordination: Inter territorial Council of the National Health System</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Health abroad and international health agreement</td>
<td>olv</td>
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<td></td>
<td>Pharmaceutical legislation</td>
<td>olv</td>
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<tr>
<td>Regional Department of Health (Autonomic Communities)</td>
<td>Planning of health</td>
<td>olv</td>
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<td></td>
<td>Public health</td>
<td>olv</td>
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<td></td>
<td>Health care</td>
<td>olv</td>
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</table>
Strategy for mental health

- is part of the Quality Plan for the National Health System
- represents an agreed effort between the Ministry of Health and Social Policy, the scientific societies, users and relatives and the Autonomic Communities to achieve a better attention to people with mental illness, based in clinical excellence.
- contributes to the cohesion of our health system in benefit of the citizens independently to where they live.
Strategy for mental health

• is based on the philosophy and content of the Helsinki Declaration on Mental Health, sponsored by the European Regional Office of WHO, which was signed by Spain in 2005

• adopts a community approach that combines mental health promotion, prevention of mental disorders, diagnosis and treatment in community-oriented services, social inclusion programs (housing, employment, …), inter-and intra-institutional coordination, users and families participation and mental health research.
Strategy for mental health

Principles and values:

- Autonomy
- Continuity
- Accessibility
- Comprehensiveness
- Equity
- Recovery
- Responsibility
- Quality
Strategy for mental health

Framework and content

• Six strategic action lines that are displayed in general and specific objectives, with its corresponding technical recommendations and its follow up and evaluation indicators.

• Additionally, an epigraph of good practices is included which has been developed in the Spanish context where their efficiency and effectiveness has been demonstrated.
Strategy for mental health

General objectives

1. Promote mental health in the general population and in specific groups.
2. Prevent the mental illness, suicide and addiction in the general population.
3. Eliminate the stigma and discrimination associated to people with mental illness.
4. Improve the quality, equity and continuity of care to mental health problems.
Strategy for mental health

General objectives

5. Implement involuntary restrain procedures which guarantee the use of good practices and the respect of rights and dignity of the patients.

6. Promote the cooperation and the shared responsibility of all the departments and agencies involved in the improvement of mental health.

7. Promote the participation of people which suffer mental disorders, families and professionals in the public health system of the Autonomic Community.
Strategy for mental health

General objectives

8. Promote the training of health professionals to adequately attend the needs of the population in the matters of mental health.

9. Promote the research in mental health

10. Improve knowledge of mental health and the care provided by the National Health System.
**Lifetime prevalence of mood disorders (ESEMED)**

<table>
<thead>
<tr>
<th>Trastornos del estado de ánimo (%)</th>
<th>Total</th>
<th>Hombres</th>
<th>Mujeres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Episodio depresivo mayor</td>
<td>10,55</td>
<td>6,29</td>
<td>14,47</td>
</tr>
<tr>
<td>Distimia</td>
<td>3,65</td>
<td>1,85</td>
<td>5,29</td>
</tr>
<tr>
<td>Cualquier trastorno del ánimo (IC 95%)</td>
<td>11,47 (10,45-12,49)</td>
<td>6,71 (5,49-7,93)</td>
<td>15,85 (14,34-17,36)</td>
</tr>
</tbody>
</table>

Fuente: ESEMED.
Self-reported prevalence of anxiety, depression and other mental illness

Tabla 9. Prevalencia declarada de trastornos mentales (%), según sexo:

<table>
<thead>
<tr>
<th>Total nacional</th>
<th>Ambos sexos</th>
<th>Hombres</th>
<th>Mujeres</th>
</tr>
</thead>
<tbody>
<tr>
<td>11,5</td>
<td>6,6</td>
<td>16,3</td>
<td></td>
</tr>
</tbody>
</table>

Poor mental health risk (GHQ-12)

Tabla 7. Riesgo de mala salud mental en adultos (%), según sexo

<table>
<thead>
<tr>
<th>Total nacional</th>
<th>Ambos sexos</th>
<th>Hombres</th>
<th>Mujeres</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>15,5%</td>
<td>11,0%</td>
<td>19,9%</td>
</tr>
</tbody>
</table>


High probability of mayor depression or some other mental disorder (MHI-5)

<table>
<thead>
<tr>
<th>Total</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>17,5%</td>
<td>14%</td>
<td>22%</td>
</tr>
</tbody>
</table>

Fuente: Eurobarometer, 2003
Specific goals related to prevention of depression

- Intersectorial interventions in areas with high risk of social exclusion
- Actions to decrease rate of depression and suicide in risk group
- Interventions in Primary Care to support families taking care of people with chronic disabling conditions, specially women.
- Actions to prevent stress at workplace and related mental illness
- Look at determinants of vulnerability related to gender in prevention of depression programs
- Group activities to prevent common mental illness at primary health care, social service and other community resources.
Strategic actions and activities

- Prevention program in mental health in primary care (Spanish Society of Family and Community Medicine), which includes specifically the early detection of anxiety disorders and the prevention of depression and suicide in two of its subprograms.

- Specific interventions for the prevention of depression and suicide:
  - Pilot program for prevention of depression in primary care (Catalonia): Patients at risk receive training in problem-solving strategies of primary care health professionals. The project is based on the IMHPA (European Network for Mental Health Promotion and Mental Disorder Prevention) and implemented successfully in other countries.
  - Participation in the project EAAD (European Alliance Against Depression), a regional training networks among health professionals, patients, families, people who work for the community and the general public (Balearic Islands and Catalonia) [www.eaad.net]
  - Protocols, programs and / or plans for suicide prevention and early detection of suicidal ideation, in place or being designed, in Andalusia, Asturias, Castilla y León, Extremadura, Galicia, Madrid, Murcia and Basque Country.
Strategic actions and activities

- Intersectorial interventions in areas with high risk of social exclusion developed in most of the Autonomous Communities

- Raising awareness about depression and its recovery:
  - Participation in the project ASPEN (Anti Stigma Program: European Network), an international project involving 18 partners, aims to reduce the stigma and discrimination against people with depression (Madrid).
  - Actions to raise awareness of mental illness in Andalusia [www.1decada4.es], Aragon, Cantabria, Castilla La Mancha, Castilla y Leon, Catalonia, Valencia, Extremadura, Galicia, Madrid, Murcia and Basque Country. In several Autonomous Communities, these actions have been developed in collaboration with FEAFES (Spanish Confederation of Family and People with Mental Illness).
  - Campaign MENTALÍZATE developed by FEAFES, with the aims of raising awareness of mental illness by reports, awareness and education for youth and educators about mental illness, its treatment, and the actions to enhance the detection of disorders [www.feafes.com]
Strategic actions and activities

• **Interventions to prevent stress at work, burnout and related mental disorders:**
  
  – Program to promote mental health in the workplace (Andalusia). Program focused on strategies for coping with stress at work, at the design stage. Its implementation will take place through the risk prevention services of public sector and private firm of Andalusia.
  
  – Actions of promotion and prevention training for professionals of the public sector of the Principality of Asturias and a policy for coordination, prevention and care of mental health problems in the workplace (Extremadura), in preparation.
  
  – Specific interventions aimed at prevention of stress at work and burnout of health professionals, in place or being designed for the following Autonomous Communities: Aragón, Asturias, Balearic Islands, Cantabria, Castilla y León, Castilla-La Mancha, Catalonia, Valencia, Galicia, Madrid, Murcia and the autonomous cities of Ceuta and Melilla.

• **Interventions in Primary Care to support families caring for people with chronic disabling conditions, to prevent mental health problems in the following Autonomous Communities:**
  
  – Andalusia, Asturias, Balearic Islands, Castilla y Leon, Catalonia, Comunidad Valenciana, Extremadura, Galicia, Murcia and Country Basque.
Strategic actions and activities

- **Network research in mental health related to depression:**
  - Participation in the project PREDICT (Prediction of future episodes of depression in primary medical care: evaluation of a risk factor profile),
  - Project PREDICT-Spain, replication of the international project PREDICT. The project has followed 5442 patients for 3 years. As a result thereof, have identified 10 risk factors for depression at 6 months away.
  - Project predictD-CRTC (Primary prevention of depression through an intervention based on the level and type of risk in primary care: cluster randomized controlled trial).
  - Creation of CIBERSAM (Biomedical Research Center for Mental Health Network) with the participation of established research centers of the autonomous communities and other research centers. It’s integrated by 25 sets of clinical and basic research, belongs to 8 autonomous regions, and includes about 300 people. The network activities include affective disorders research (epidemiology, molecular, genetic and pharmacological basis and diagnostic and therapeutic procedure)
  - "Images and Realities: Mental Health in the General Population", multicenter project emerged in Lille (France) and replicated in a large number of countries, under the guidance and supervision of the WHO Collaborating Center, among others, studied the social representation of depression (Asturias and Andalusia)
Strategic actions and activities

• Process of Care, Clinical Practice Guidelines and supporting guides for addressing depression in primary and mental health care:
  – Edition of the Clinical Practice Guideline on the Management of Major Depression in Adults, belonging to a project to promote the use of Clinical Practice Guidelines (CPG) based on scientific evidence.
  – Most of the Autonomous Communities have developed evidence based tools for addressing depressive disorders

• Inclusion of mental health content in undergraduate training of health professionals in Andalusia.

• Dissemination of Clinical Practice Guidelines and best practices:

• Consensus on the promotion of mental health, the prevention of mental illness and the reduction of stigma elaborated by the Spanish Association of Neuropsychiatry in collaboration with the MHSP. [www.aen.es]
Conclusions

The Strategy for Mental Health has given a new impulse to the promotion of mental health and the prevention of mental illness. Although they were already outlined 24 years ago as two of the principles of the community model of mental health care to be implemented in Spain, its development has been rather slow, with isolated initiatives, with poor connection and diffusion.

In this context, the prevention of depression and suicide must be a specific priority for the national and regional public health policy in Spain and it has to be translated into strategic actions frameworks.
Thank you very much

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