



**GAMIAN-Europe**

Do what you can, with that what you have, wherever you are

# **Exploring the links between mental and physical health: The patients experience**

*Overview of GAMIAN-Europe Survey*

**Pedro Montellano, President of GAMIAN-Europe**

European Parliament, 4 December 2012



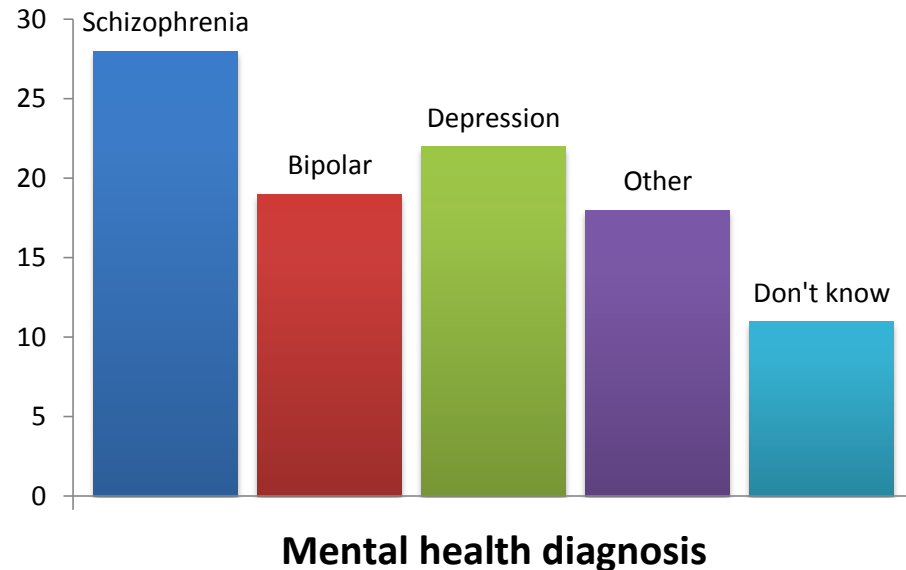
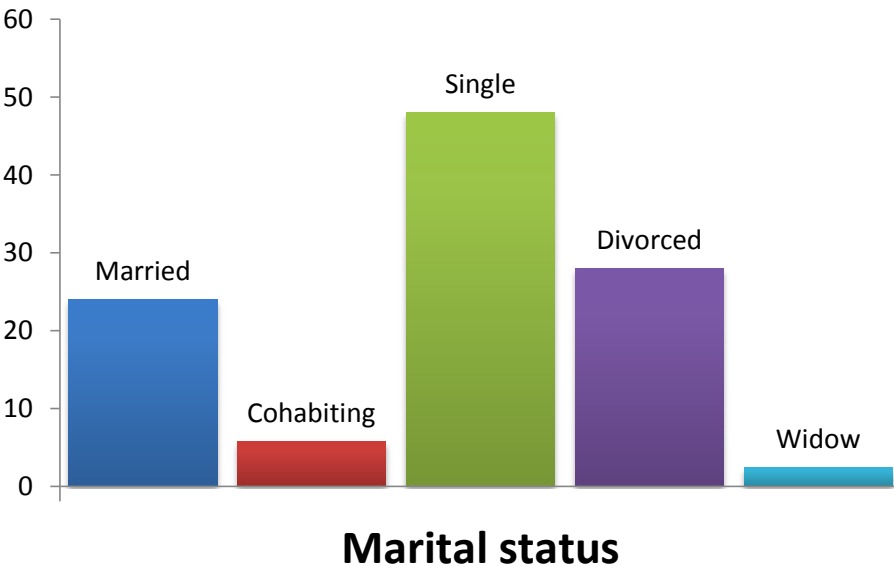
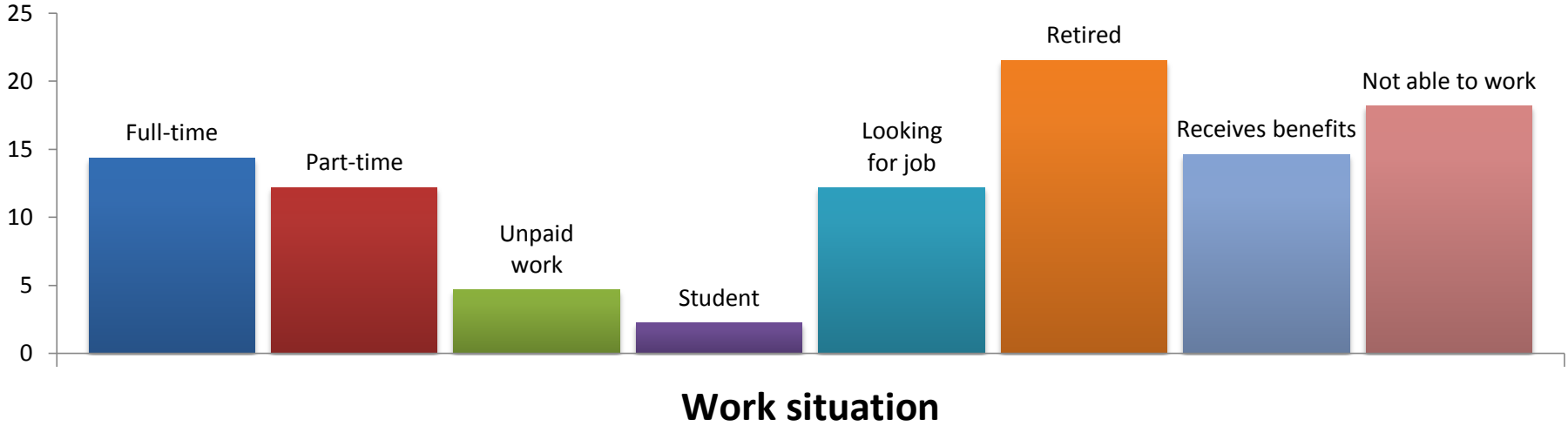
# PATIENT SURVEY ON MENTAL AND PHYSICAL HEALTH OVERVIEW

In 2011, building on the work of the Mental and Physical Health Platform, GAMIAN-Europe conducted a **patient survey on the impact of physical problems on mental health patients**. This project was enabled through support from Bristol-Myers Squibb and Otsuka.

## Survey methodology:

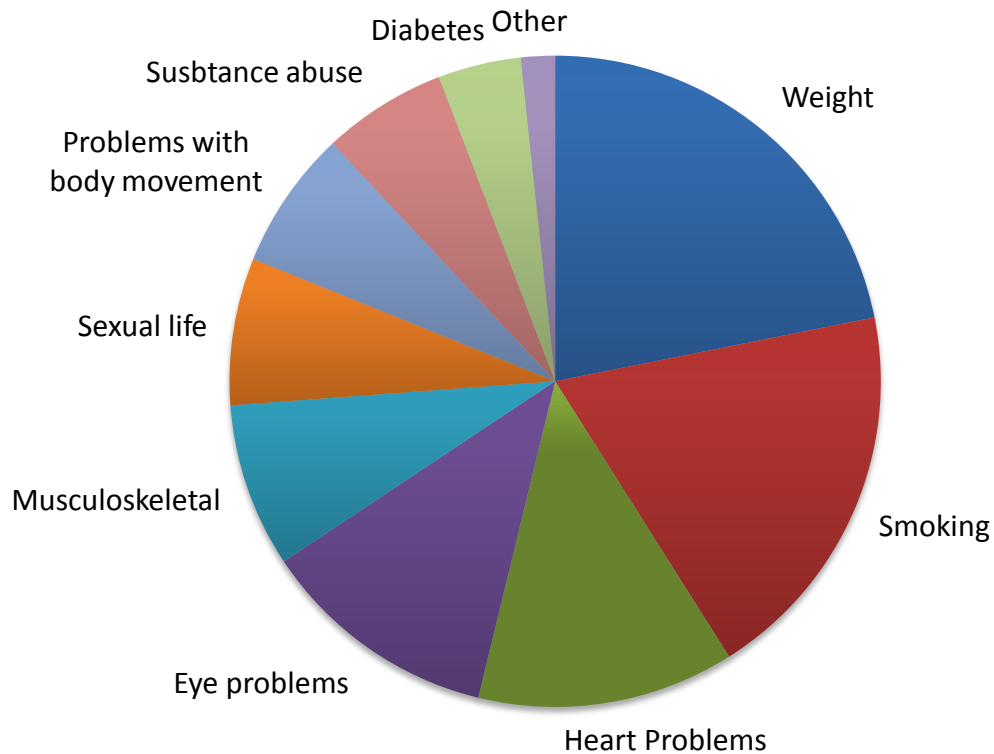
- **1156 people suffering from mental health problems, across 30 countries** responded to the survey. Respondents were primarily GAMIAN-Europe members, well-educated and computer literate, from 18 to 70+ years old, but did not include homeless or institutionalized patients.
- This survey is not a scientifically conducted academic analysis, but a **representation of patients' perspectives** on the links between mental and physical health.
- The survey was **reviewed by a steering committee** of patient representatives, academics and policy experts: Marc De Hert (University Leuven – KU Leuven), David McDaid (London School of Economics and Political Science) and John Bowis OBE (UK).
- The survey questionnaire was **translated into 20 languages** in order to allow respondents to answer without any barriers.
- The survey ran **from November 2011 until April 2012**.
- The survey was **accessible online** on the GAMIAN website and on the GAMIAN Facebook, Twitter and LinkedIn accounts.

# PATIENT SURVEY ON MENTAL AND PHYSICAL HEALTH FINDINGS – RESPONDENTS' PROFILE



# PATIENT SURVEY ON MENTAL AND PHYSICAL HEALTH FINDINGS – PHYSICAL HEALTH PROBLEMS

## Respondents with physical problems suffer from



**85%** of respondents suffer from physical problems.

# PATIENT SURVEY ON MENTAL AND PHYSICAL HEALTH FINDINGS – PHYSICAL HEALTH PROBLEMS

**63%** of the physical problems were diagnosed after the mental health problems, indicating that the physical problems could be a consequence of the mental disorder.

Nearly **50%** of respondents think that their physical health conditions are linked to their mental health condition or treatment.



Mental health patients are **2 to 3 times** more likely to develop a chronic condition such as diabetes and other cardiovascular risk factors. Only **1/3** have normal weight.

# PATIENT SURVEY ON MENTAL AND PHYSICAL HEALTH FINDINGS – BARRIERS TO CARE

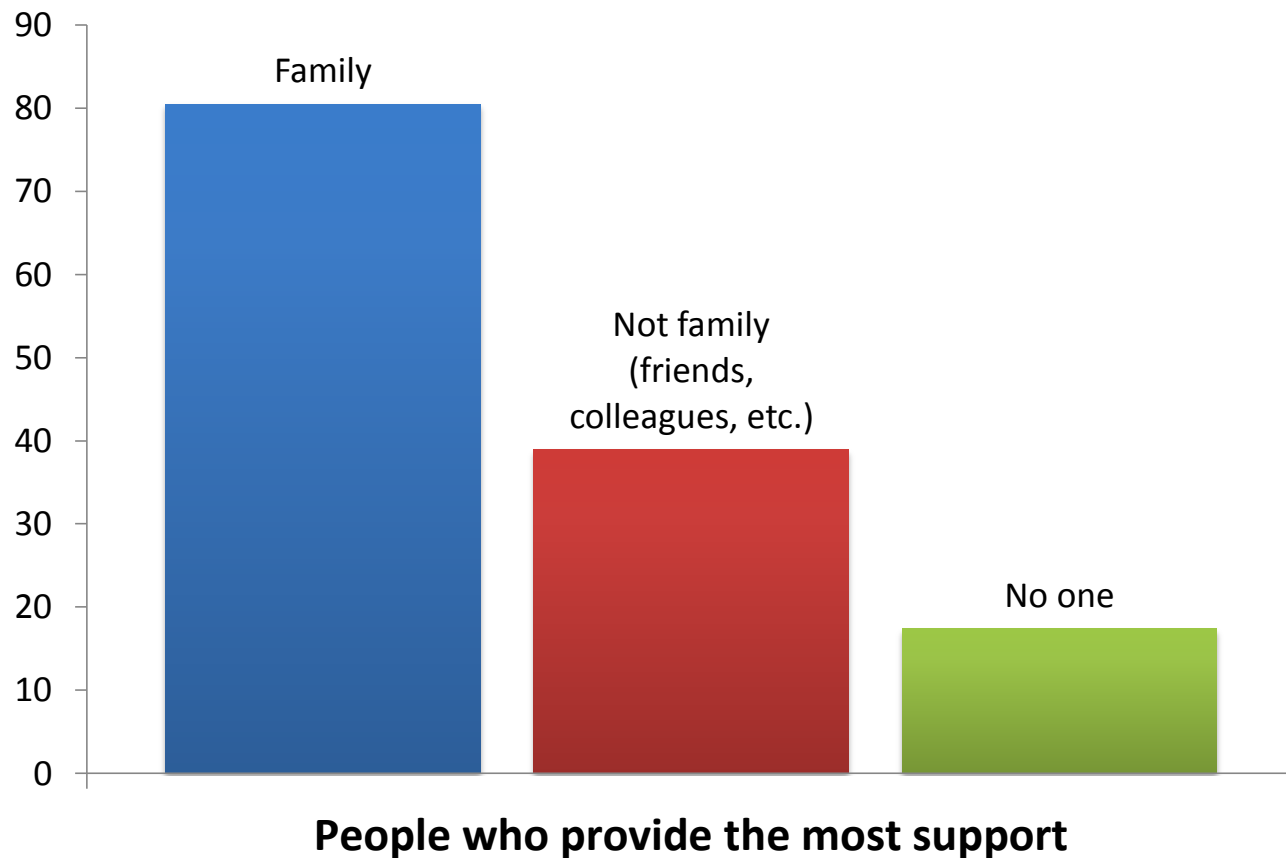
**41%** of respondents have **experienced barriers** to receiving care for their physical problems.

Only **20%** said they were concerned about **weight gain**.

The main barriers to receiving care for patients' physical problems is **user charges** (financial reasons), **stigma** (fear of disclosing the mental health problems), and **lack of referral**.

**30%** said that they are **not allowed to live as they wish**

# PATIENT SURVEY ON MENTAL AND PHYSICAL HEALTH FINDINGS – CARE AND SUPPORT SYSTEM



# PATIENT SURVEY ON MENTAL AND PHYSICAL HEALTH INFORMATION BY/FROM HEALTHCARE PROFESSIONALS

**39%** respondents

indicated that their mental health doctor had **failed to ask about the medications** they may have been prescribed for any physical condition.

**One quarter**

explained that their psychiatrists **explained too little**, or way too little, how mental problems could affect their physical health.



# PATIENT SURVEY ON MENTAL AND PHYSICAL HEALTH

## KEY CONCLUSIONS

- **Better communication** is needed between mental health and physical health professionals.
- Mental health and physical health should be **integrated** and systematically streamlined across various health issues.
- **Specialist care** should **focus more** on the potential risks of **co-morbidity**.
- Mental health professionals should pay particular **attention to the physical consequences** and side effects of mental health conditions or treatments.
- Need to work towards **removing barriers to receiving support** for physical problems, especially regarding financial hurdles and stigma.