



National Mental Health Survey of Bangladesh, 2018-19

Provisional Fact Sheet

Preamble

Mental disorders exert detrimental effects on individuals, families, communities and health services. Disease burden due to mental disorders is very high. A nationwide survey in 2003–2005 revealed prevalence of 16.1%¹ mental disorders in adult population in Bangladesh.

The 2019 nationwide survey was launched to explore mental health situation through,

- Estimation of prevalence;
- Identify stigma, attitude current treatment gap and health seeking behaviour; and
- Socio-demographic and psychosocial correlates of psychiatric disorders.

Method

- Multi-centric (8 divisions), representative (64 districts), stratified (male and female, urban and rural), random cluster sampling (randomly selected clusters);
- The reporting domains were five age groups for adults (18–99 years) and two age groups for children (7–17 years) by residence (urban/ rural) and sex (man/ woman or boy/ girl) strata at national level;
- The estimated sample size for adults was 8,928. Finally, 7,270 completed the individual interview and were included in final analysis. The overall individual response rate is 99.3%;
- Eligible children were sought in the households approached for adults. 2,270 children were approached and finally, 2,246 completed the individual interview and were included in final analysis. The individual response rate is 98.9%. It is noteworthy that 2000 children were necessary for four reporting domains.
- 496 primary sampling units were selected randomly – from 2,93,533 primary sampling units/ enumeration areas². Eighteen households were selected by systematic random sampling technique from each primary sampling units;
- Data collection was performed in April–June 2019;
- Data were collected using tablet computers and transferred to the server electronically on a daily basis.

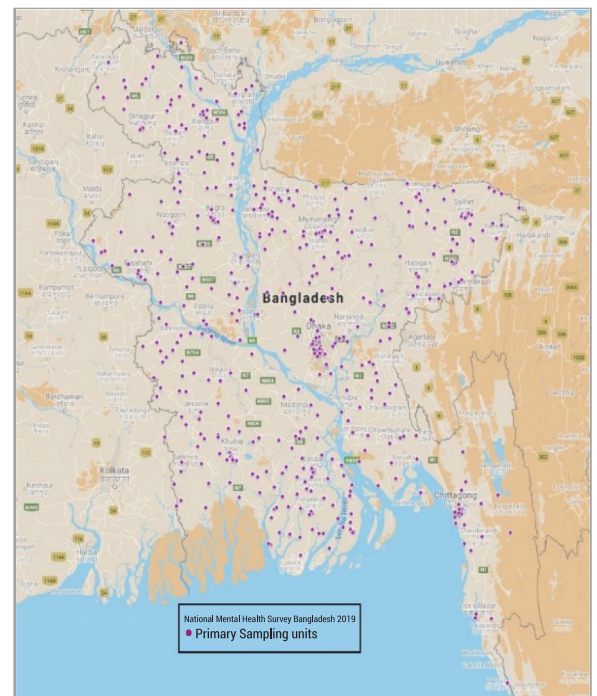


Figure 1: Map of Bangladesh showing the data collection areas (PSUs)

The National Mental Health Survey Bangladesh 2018–2019 was conducted by National Institute of Mental Health, Dhaka with financial assistance from Non-Communicable Disease Control, Director General of Health Service and technical support of the World Health Organization.

Key Results

Table 1: Distribution of adult respondents by age and sex

Age group	Number (n=7,270)	Man (n=3,465)	Woman (n=3,805)
		percent (95% confidence interval)*	
18–29	1667	33.4 (30.5–36.2)	38.8 (36.0–41.6)
30–39	2110	22.3 (20.5–24.2)	22.7 (20.9–24.5)
40–49	1564	18.1 (16.4–19.7)	16.5 (15.0–17.9)
50–59	966	12.8 (11.3–14.2)	10.9 (9.4–12.4)
60+	963	13.5 (11.9–15.1)	11.2 (9.5–12.9)

* all percentages denote weighted values

Table 2: Distribution of child respondents by age, sex and residence

Age group	Number (n=2,246)	percent (95% confidence interval*)	
		Boy (n=1,095)	Girl (n=1,151)
7–12	1237	55.4 (51.0–59.8)	56.7 (52.9–60.5)
13–17	1009	44.6 (40.2–49.0)	43.3 (39.5–47.1)
		Urban (n=1,035)	Rural (n=1,211)
7–12	1237	54.2 (49.8–58.7)	56.1 (52.4–59.9)
13–17	1009	45.8 (41.3–50.2)	43.9 (40.1–47.6)

* all percentages denote weighted values

1 Firoz AHM, Karim ME, Alam MF, Rahman AHM et al. Prevalence, medical care, awareness and attitudes towards mental illness in Bangladesh. Bangladesh Journal of Psychiatry. 2006; 20 (1): 9–36.

2 Bangladesh Bureau of Statistics. Housing and Population Census 2011. Available from: <http://www.bbs.gov.bd/site/page/47856ad0-7e1c-4aab-bd78-892733bc06eb/Population-and-Housing-Census> (accessed on 26 August 2019).

Figure 2: Distribution of adult respondents (percent) by age groups (years) and residence

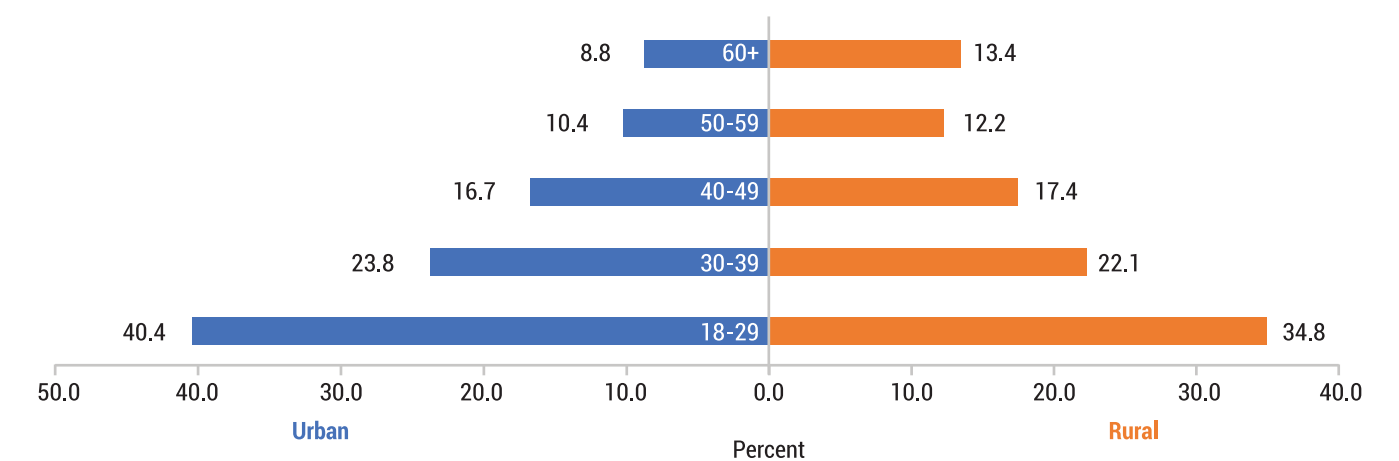


Table 3: Distribution of sociodemographic and other variables by sex and residence status of adult respondents

Variable	Overall (n=7,270)	Man (n=3,465)	Woman (n=3,805)	Urban (n=3,521)	Rural (n=3,749)
Percent (95% confidence interval)*, unless stated otherwise					
Age (years), Mean	38.3 (37.6–38.9)	39.5 (38.6–40.4)	37.1 (36.3–38.0)	36.2 (35.3–37.1)	38.9 (38.2–39.7)
Education (years), Mean	6.0 (5.8–6.3)	6.6 (6.3–6.9)	5.8 (4.2)	7.7 (7.3–8.0)	5.5 (5.2–5.7)
Nuclear family	69.6 (67.4–72.0)	72.8 (69.7–75.8)	66.9 (63.8–70.0)	73.0 (69.4–76.6)	68.6 (65.9–71.4)
Married	89.1 (87.5–90.6)	89.0 (86.7–91.2)	89.1 (87.2–91.1)	86.1 (83.0–89.1)	90.0 (88.3–91.8)
Occupation					
Household work	47.5 (44.6–50.5)	0.52 (0.2–0.8)	88.3 (87.0–89.7)	44.9 (43.8–46.0)	48.0 (46.9–49.1)
Business (small)	9.6 (8.3–10.9)	19.7 (18.1–21.2)	0.6 (0.3–0.8)	11.5 (10.3–12.8)	7.9 (6.9–8.8)
Farming (own land)	8.4 (7.0–9.8)	18.4 (16.2–20.6)	-	3.1 (2.3–4.0)	14.1 (12.6–15.7)
Daily labourer	6.1 (5.2–7.0)	12.3 (10.9–13.7)	0.9 (0.5–1.3)	5.6 (4.7–6.6)	7.0 (6.0–8.1)
Private service	5.2 (4.2–6.1)	8.3 (7.1–9.4)	1.7 (1.2–2.1)	7.5 (6.4–8.6)	2.3 (1.6–2.9)
Screened positive (self-reporting questionnaire)	21.5 (19.9–23.0)	20.9 (18.8–23.1)	21.9 (19.7–24.1)	24.6 (22.1–27.1)	20.4 (18.6–22.3)
Any mental disorder	16.8 (15.5–18.2)	16.7 (14.7–18.7)	17.0 (15.0–19.0)	18.7 (16.6–20.8)	16.2 (14.6–17.8)
1. Depressive disorders	6.7 (5.8–7.6)	7.0 (5.7–8.3)	6.5 (5.2–7.8)	8.2 (6.5–9.9)	6.3 (5.1–7.3)
2. Anxiety disorders	4.5 (3.8–5.3)	4.2 (3.2–5.2)	4.8 (3.8–5.9)	0.7 (2.8–5.2)	4.7 (3.8–5.6)
3. Somatic symptom and related disorders	2.1 (1.6–2.6)	2.0 (1.1–2.8)	2.2 (1.5–2.9)	2.1 (1.3–2.9)	2.1 (1.4–2.8)
4. Major mental disorders (schizophrenia spectrum disorders)	1.0 (0.7–1.3)	0.9 (0.4–1.3)	1.1 (0.6–1.5)	1.4 (0.7–2.2)	0.8 (0.5–1.2)
5. Sleep_Wake disorders	0.9 (0.4–0.9)	0.7 (0.4–1.4)	0.6 (0.3–0.9)	0.8 (0.4–1.1)	0.8 (0.4–1.1)
6. Obsessive compulsive and related disorders	0.7 (0.3–0.7)	0.5†	0.5 (0.2–0.7)	0.4 (0.2–0.6)	0.4†
7. Major mental disorders (bipolar and related disorders)	0.4 (0.1–0.6)	0.5†	0.3†	0.7†	0.3†

Variable	Overall (n=7,270)	Man (n=3,465)	Woman (n=3,805)	Urban (n=3,521)	Rural (n=3,749)
<i>Percent (95% confidence interval)*, unless stated otherwise</i>					
8. Neurodevelopment disorders	0.3†	0.3†	0.4†	0.7†	0.2†
9. Neurocognitive disorders	0.3 (0.1–0.5)	0.4†	0.2†	0.3†	0.3†
10. Substance related and addictive disorders	0.2†	0.1†	0.4†	0.2†	0.3†
11. Personality disorders	0.1†	0.1†	0.1†	0.1†	0.1†
12. Sexual dysfunction	0.1†	0.1†	0.05†	0.2†	0.1†
13. Disruptive, impulse control and conduct disorders	0.01†	0.01†	0.01†	0.02†	-
Previous history of mental illness	1.1 (0.8–1.5)	1.1 (0.5–1.7)	1.2 (0.7–1.7)	2.1 (1.0–3.1)	0.8 (0.5–1.2)
Treatment gap (among all diagnosed with mental disorder)	92.3 (90.0–94.6)	92.1 (88.8–95.5)	92.4 (89.4–95.5)	90.8 (85.9–95.7)	92.8 (90.3–95.4)
Non adherence (in previously diagnosed with mental disorder)	17.0 (7.6–26.5)	9.0 (0.7–17.3)	23.6 (7.5–39.7)	24.0 (7.0–41.0)	11.4 (1.5–21.4)
Help seeking attitudes and stigma					
IASMHS‡	33.9 (33.6–34.3)	36.1 (35.7–36.5)	32.0 (31.5–32.4)	33.2 (32.7–33.7)	34.6 (34.2–35.1)
Indifference to stigma	16.3 (16.0–16.5)	18.9 (18.5–19.2)	13.88 (13.6–14.2)	15.89 (15.6–16.2)	16.59 (16.3–16.9)
Help seeking propensity	12.0 (11.8–12.1)	11.6 (11.4–11.8)	12.4 (12.1–12.6)	12.0 (11.7–12.2)	12.0 (11.8–12.2)
Psychological belief	5.7 (5.6–5.8)	5.7 (5.5–5.9)	5.7 (5.6–5.9)	5.3 (5.2–5.5)	6.0 (5.9–6.2)
Emer N. Day's scale§					
Relationship disruption and anxiety	5.3 (5.3–5.3)	5.4 (5.4–5.4)	5.3 (5.2–5.3)	5.3 (5.3–5.4)	5.3 (5.3–5.3)
Treatability and recovery	5.1 (5.0–5.1)	5.2 (5.1–5.2)	5.0 (4.9–5.0)	5.1 (5.0–5.1)	5.1 (5.0–5.1)
Hygiene	5.6 (5.6–5.6)	5.5 (5.4–5.5)	5.7 (5.7–5.7)	5.7 (5.6–5.7)	5.5 (5.5–5.6)
Visibility	5.9 (5.9–5.9)	6.2 (6.2–6.2)	5.6 (5.6–5.7)	5.9 (5.9–6.0)	5.9 (5.8–5.9)
Visiblity	5.1 (5.1–5.2)	5.2 (5.1–5.2)	5.1 (5.0–5.1)	5.2 (5.1–5.2)	5.1 (5.1–5.1)

* all percentages denote weighted values

† <25 unweighted responses, 95% confidence interval is not mentioned

‡ Inventory of Attitudes Toward Seeking Mental Health Services IASMHS (Original scale 24 items, 0 = disagree to 4 = agree. Here it is modified and includes 25 items in three subscales category. High score indicates more negative attitude.

§ Emer N. Day's Mental Illness Stigma Scale (28 items, 1 completely disagree -7 completely agree). Seven of its original subscales condensed to four subscales through factor analysis. High score indicates more stigma

Figure 3: Point of treatment in last episode of illness among adults* who had history of mental health disorder (n=91)

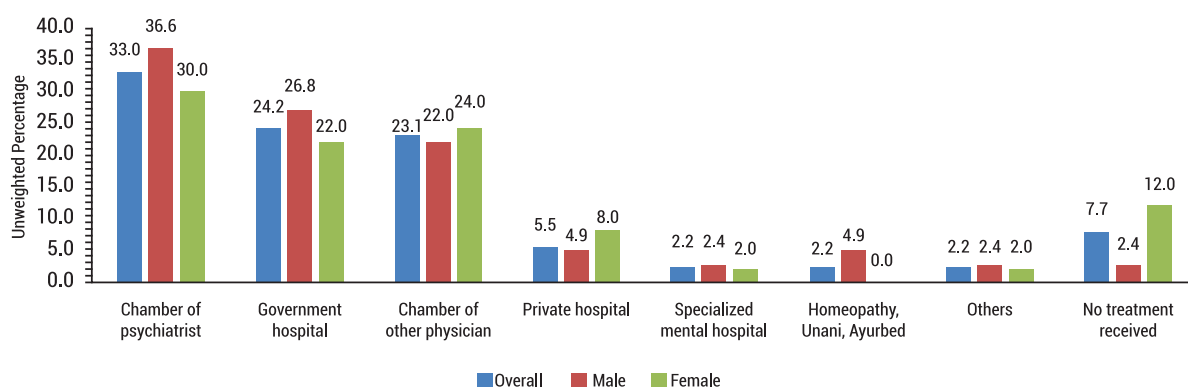


Table 4: Distribution of sociodemographic and other variables by sex and residence status of child respondents

Variable	Overall (n=2246)	Boy (n=1095)	Girl (n=1151)	Urban (n=1035)	Rural (n=1121)
<i>Percent (95% confidence interval)*, unless stated otherwise</i>					
Age (years), Mean	12.0 (11.8–12.2)	12.1 (11.9–12.4)	11.9 (11.6–12.1)	12.0 (11.7–12.3)	12.0 (11.8–12.2)
Screened positive (reporting questionnaire for children)	21.5 (18.9–24.1)	22.4 (18.7–26.0)	20.7 (17.3–24.2)	20.6 (16.6–24.7)	21.8 (18.7–24.8)
Any mental disorder	13.6 (11.5–15.7)	14.6 (11.8–17.4)	12.7 (10.0–15.5)	13.0 (10.2–15.9)	13.8 (11.3–16.3)
1. Neurodevelopmental disorders	5.9 (4.5–7.2)	7.0 (5.0–9.1)	4.7 (3.2–6.3)	5.1 (3.1–7.0)	6.1 (4.4–7.6)
2. Anxiety Disorders	4.5 (3.3–5.7)	3.6 (5.0–2.2)	1.2 (0.3–2.0)	4.1 (2.3–5.9)	4.6 (3.2–6.1)
3. Disruptive, impulse control and conduct disorders	1.9 (1.2–2.6)	2.7 (1.5–3.9)	1.2†	2.7 (1.2–4.9)	1.7†
4. Depressive disorders	0.4†	0.3†	0.5†	0.3†	0.4†
5. Sleep-Wake disorders	0.6†	0.7†	0.5†	0.5†	0.6†
6. Major mental disorders (schizophrenia spectrum disorder and psychotic disorders)	0.2†	0.2†	0.3†	0.3†	0.2†
7. Obsessive compulsive and related disorders	0.1†	0.1†	-	0.1†	0.1†
8. Major mental disorders (bipolar and related disorders)	0.1†	-	0.1†	0.1†	0.1†
Previous history of mental illness	0.6 (0.3–1.0)	0.2†	1.0 (0.3–1.7)	1.1 (0.4–1.9)	0.5 (0.1–0.9)
Treatment gap (among all diagnosed with mental disorder)	94.5 (91.4–97.6)	98.0 (96.2–99.7)	90.6 (84.7–96.6)	94.5 (91.4–97.6)	94.5 (90.8–98.2)
Non adherence (in previously diagnosed with mental disorder)	29.2†	36.2†	28.0†	52.8†	14.9†

* all percentages denote weighted values

† <25 unweighted responses, 95% confidence interval is not mentioned respondents

The findings and conclusion in this factsheet are those of the author(s) and do not necessarily represent the official position of World Health Organization.

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