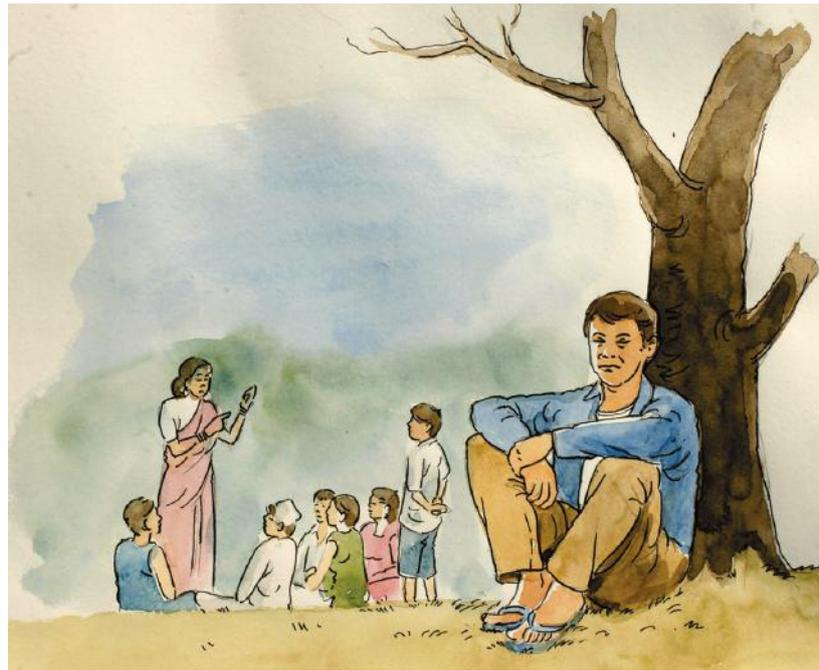


# National Mental Health Survey, Nepal-2020

## FACTSHEET (Adults)

### Overview

The planning of National Mental Health Survey, Nepal started from November 2017 and was carried out from January 2019 to January 2020 in all 7 provinces of Nepal. The total sample size of the survey was 15, 088 among which 9200 were adults (aged 18 years and above) and 5888 were Adolescents (aged 13-17 years). Multistage Probability Proportionate to size was done to select the PSU and Systematic Random Sampling was done to select the individuals. Data collection instruments consisted of Socio-demographic questionnaire, Translated and adapted Nepalese version of MINI International Neuropsychiatric Interview (MINI) 7.0.2 for DSM-5, Pathways to receiving care / Help seeking behavior questionnaire and Barriers to Accessing Care Evaluation (BACE) questionnaire. The total response rate in adult participants was 96.8%.



### Highlights

#### Mental Disorders

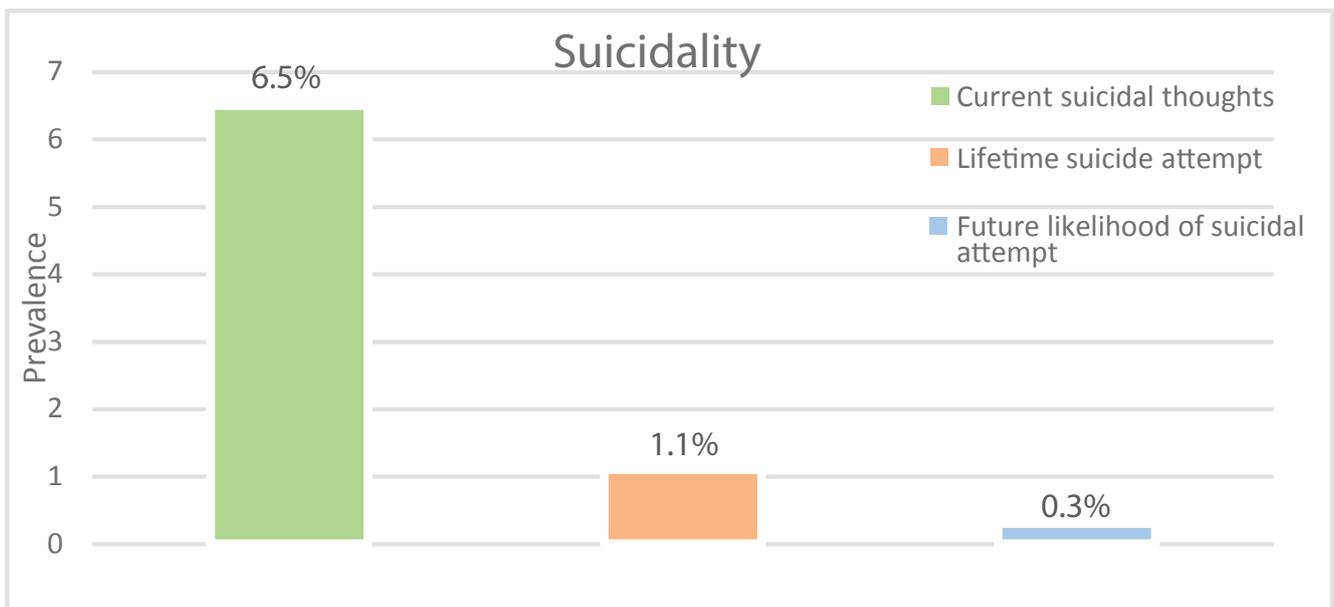
- ❑ Among the adult participants, 10% had any mental disorder in their lifetime, and 4.3% currently had any mental disorder.
- ❑ Lifetime and Current Mood disorders among adult participants were found to be 3% and 1.4% respectively.
- ❑ Neurotic and Stress related disorders (current) among adult participants was 3% .
- ❑ The prevalence of Suicidality (including current suicidal thoughts, lifetime suicidal attempt and future likelihood of suicidal thoughts) was found to be 7.2% .
- ❑ Majority of the adult participants (6.3%) had low Suicidality compared to moderate and high Suicidality.
- ❑ Current suicidal thoughts and Lifetime suicidal attempt were found to be 6.5% and 1.1% respectively
- ❑ The prevalence of lifetime mental disorders was highest among adults in Province 1 (13.9%), among 40-49-year-olds (13.3%) and among males (12.4%).
- ❑ The prevalence of current mental disorders was highest among adults in Bagmati province (5.9%), among 40-49-year-olds (6.3%) and among females (5.1%).

## Prevalence of Mental disorders among adult participants aged 18 years and above

Disorders	Lifetime (95% CI)	Current (95% CI)
<b>Any mental disorder</b>	<b>10.0 (8.5-11.8)</b>	<b>4.3 (3.5-5.2)</b>
<b>Mood Disorders</b>	<b>3.0 (2.5 - 3.7)</b>	<b>1.4 (1.1 – 1.8)</b>
Bipolar Affective Disorder <sup>1</sup>	0.2 (0.1- 0.5)	0.1 (0.1- 0.3)
Major Depressive Disorder (MDD) <sup>2</sup>	2.9 (2.3- 3.7)	1.0 (0.8 -1.4)
<b>Neurotic and Stress related disorders <sup>*3</sup></b>	<b>3.0 (2.5 - 3.6)</b>	
Panic Disorder	0.7 (0.6- 0.9)	0.4 (0.3- 0.5)
Generalized Anxiety Disorder*	0.8 (0.6 - 1.1)	
Phobic Anxiety Disorder <sup>*4</sup>	0.2 (0.1 - 0.4)	
Obsessive Compulsive Disorder*	0.2 (0.1 - 0.4)	
Post-Traumatic Stress Disorder *	0.0 (0.0 - 0.2)	
Dissociative disorder *	1.0 (0.7 - 1.4)	
<b>Mental and behavioral problems due to psychoactive substance use <sup>6</sup></b>		
Alcohol use disorder**	4.2 (3.6 - 4.8)	
Other substance use disorder**	0.2 (0.1 - 0.3)	
<b>Schizophrenia, Schizotypal and Delusional disorders</b>	0.2 (0.1-0.3)	0.1 (0.1-0.3)
<b>Antisocial personality disorder **</b>	0.1	
<b>Somatic Symptom Disorder*</b>	0.5 (0.3 - 0.8)	

Suicidality Severity and Suicide Behavior Disorder	Percent (95%CI)
<b>Suicidality<sup>7</sup></b>	7.2 (5.9- 8.8)
<b>Severity</b>	
Low	6.3 (5.2-7.7)
Moderate	0.3 (0.2-0.6)
High	0.6 (0.4-0.8)
<b>Suicide Behavior Disorder</b>	0.9 (0.7-1.3)

<sup>1</sup> Including Manic and Hypomanic episode. <sup>2</sup>Including MDD past, current and recurrent. <sup>3</sup> Neurotic and stress related disorder includes Panic Disorder, Generalized Anxiety Disorder, Phobic Anxiety Disorder, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, and Dissociative disorder. <sup>4</sup> Phobic Anxiety disorder includes Agoraphobia and Social phobia. <sup>5</sup>Dissociative disorder includes Trans and Possession disorder and Conversion disorder. <sup>6</sup>Mental and behavioral problems due to psychoactive substance use includes alcohol, and other substance use disorder ( excludes Tobacco use). \* Current disorder, \*\*Lifetime disorder. <sup>7</sup>Suicidality includes current suicidal thoughts, lifetime suicidal attempt and future likelihood of suicidal attempt



#### Prevalence of Any mental disorder as per Socio demographic characteristics among adult participants

Characteristics	Lifetime (95% CI)	Current (95% CI)
<b>Province</b>		
Province 1	13.9 (11.-17.4)	5.3 (3.5-7.9)
Province 2	2.1 (1.1-4.0)	1.5(0.8-2.7)
Bagmati Province	12.0 (8.7-16.4)	5.9 (4.0-8.6)
Gandaki Province	10.7 (8.0-14.3)	3.3 (2.20-4.9)

Characteristics	Lifetime (95% CI)	Current (95% CI)
Province 5	13.00 (9.8-16.9)	5.4 (3.9-7.4)
Karnali Province	11.7 (9.1-15.)	4.6 (3.1-7.0)
Sudurpaschim Province	9.5 (7.2-12.3)	3.7 (2.7-5.1)
<b>Age group</b>		
18-29	7.4 (6.1-9.0)	3.4 (2.7-4.3)
30-39	9.6 (7.8-11.8)	3.8 (2.7-5.3)
40-49	13.3 (10.6-16.4)	6.3 (4.5-8.7)
50-59	13.0 (10.0-16.8)	4.6 (2.8-7.6)
60-69	11.5 (8.6-15.2)	4.9 (3.3-7.2)
70 and above	7.8 ( 4.9-12.1)	3.7 (1.9-7.1)
<b>Gender</b>		
Male	12.4 (10.4-14.7)	3.4 (2.6-4.3)
Female	8.0 (6.5-9.9)	5.1(4.1-6.3)

## Highlights

### Pathways to receiving care/ Help Seeking Behavior

- ❑ About 40% of adults were found to have talked about their symptoms to someone, among whom 20.5% and 22.4% had spoken to their spouse and other family members respectively.
- ❑ About 23% of individuals had sought treatment for their symptoms of mental disorders.
- ❑ Non-specialist doctors (8.8%), faith healers (6.7%) and psychiatrists (6.5%) were the service providers most sought by adults for treatment of mental disorders.
- ❑ The average expenditure on treatment of mental disorders in the past 12 months was found to be NRS 16,053; while expense on transport and other costs associated with seeking treatment was NRS 4146 and NRS 3460 respectively.



Pathways of receiving care	Percent among individuals with mental disorders (95%CI)
<b>Adults who talked about their symptoms to anyone</b>	40.1 (36.8 - 43.5)
Spouse	20.5 (17.5 - 23.7)
Other family members	22.4 (19.2 - 26.0)
Friend/ Neighbor	15.3 (12.7 - 18.5)
Colleagues	0.4 (0.1 - 1.1)
Health service providers (Doctor, Nurse, Specialists and Others)	3.5 (2.2 - 5.5)
Traditional Healers	1.9 (1.1 - 3.4)
Astrologer/Priest	0.2 (0.0 - 1.0)
<b>Adults who sought treatment for their symptoms</b>	22.7 (19.3 - 26.5)
<b>Adults who adhered to treatment for their symptoms, prescribed by service providers</b>	21.1 (17.6 - 25.2)
<b>Adults who were admitted to the hospital for treatment</b>	3.7 (2.5 - 5.5)
<b>Type of Health Service Provider sought by individuals for symptoms of mental disorders:</b>	
Psychiatrist	6.5 (4.2 – 10.0)
Psychologist	0.2 (0.1 – 1.1)
Counsellor	0.3 (0.1 - 0.8)
Doctor (Non- specialist)	8.8 (6.6 – 11.6)
Paramedic	0.3 (0.3 – 0.5)
FCHV	0
Faith Healer	6.7 (4.9 – 9.0)
Others	0.1 (0.0 – 0.8)

Type of expense	5% trimmed Mean (NRS)
Average treatment expenses in past 12 months	16052.9
Average transportation expenses while taking treatment in past 12 months	4146.3
Average of other expenses (Food, Accommodation etc.) while taking treatment in past 12 months	3460.0

# Highlights

## Barriers to Access to Care Evaluation

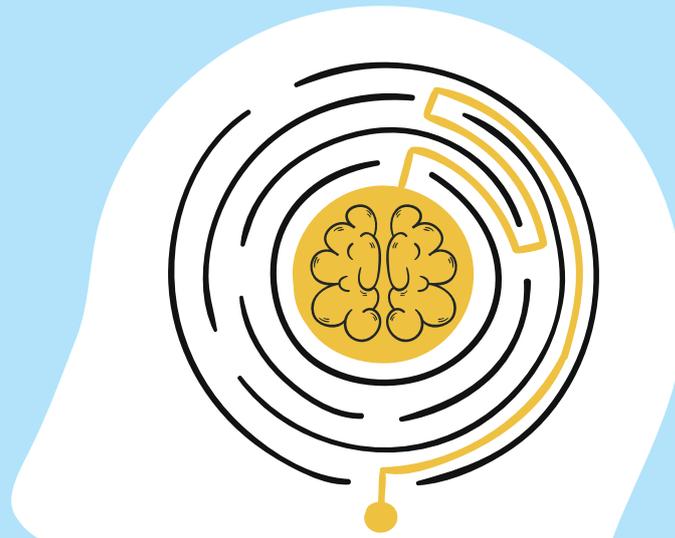
- The non stigma related barriers were divided into Instrumental and Attitudinal barriers where 23.5% of the adult participants with mental disorder reported to have major barrier to care as 'Wanting to solve problem on their own' and 'Thinking that the problem would get solved on its own'.
- Among the stigma related barriers, 2.5% of the adult participants with mental disorder reported to have major barrier to care as 'Concern about what my family might think, say, do or feel'.

Barriers to Access to Care Evaluation (BACE)	Barrier to any degree <sup>8</sup> Percent (95% CI)	Major barrier <sup>9</sup> Percent (95% CI)
<b>Non-Stigma related barriers<sup>10</sup></b>		
<b>Instrumental Barriers</b>		
Being unsure where to go to get professional care	24.9 (22.0-28.1)	7.2 (4.8- 10.8)
Problems with transport or travelling to appointments	11.0 (8.7- 13.7)	1.8 (1.0-3.4)
Not being able to afford the financial costs involved	19.5 (16.10-23.4)	3.4 (2.3 -5.1)
Difficulty taking time off work	14.7 (11.3-19.0)	1.0 (0.5-2.2)
Having no one who could help me get professional care	10.5 (7.9-13.7)	2.0 (1.2 -3.5)
<b>Attitudinal Barriers</b>		
Wanting to solve the problem on my own	47.4 (42.9-51.9)	23.5 (19.8-27.8)
Fear of being put in hospital against my will	9.1 (7.20-11.40)	1.8 (1.0-3.1)
Thinking the problem would get better by itself	48.0 (43.90-52.30)	23.5 (19.4-28.1)
Preferring to get alternative forms of care (e.g. traditional / religious healing or alternative / complementary therapies)	16.8 (13.8 -20.3)	3.6 (2.2-5.7)
Thinking that professional care probably would not help	16.7 (14.1-19.60)	2.0 (1.2 -3.3)
Thinking I did not have a problem	45.9 (41.7 -50.1)	21.6 (17.9 -25.9)
Concerns about the treatments available (e.g. medication side effects)	7.2 (5.3 -9.8)	0.6 (0.2 -1.6)

<sup>8</sup> Barrier to any degree includes 1 (a little) and 2 (quite a lot). <sup>9</sup> Major barrier includes 3(a lot). <sup>9</sup> Non stigma related barriers include Instrumental and Attitudinal barriers

Attitudinal Barriers	Barrier to any degree Percent (95% CI)	Major barrier Percent (95% CI)
Dislike of talking about my feelings, emotions or thoughts	22.6 (18.9-26.8)	2.4 (1.5-3.8)
Preferring to get help from family or friends	18.5 (15.2 -22.3)	1.9 (1.1-3.4)
<b>Stigma related barriers</b>		
Concern that I might be seen as weak for having a mental health problem	15.6 (12.5-19.5)	1.8 (1.1-2.9)
Concern that it might harm my chances when applying for jobs	5.2 (3.60-7.4)	0.7 (0.3-1.7)
Concern about what my family might think, say, do or feel	12.3 (9.4 -15.8)	2.5 (1.5-4.2)
Concern that I might be seen as 'crazy'	10.5 (8.0 -13.6)	1.6 (0.9 -2.8)
Feeling embarrassed or ashamed	11.7 (8.6-15.8)	1.6 (0.9-2.7)
Concern that people might not take me seriously if they found out I was having professional care	9.7 (7.1-12.9)	0.8 (0.3-1.7)





## Mental Health

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