

# **STATE OF PSYCHIATRY IN BANGLADESH:**

**Patient Care, Education, and Research**

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# Objectives

- **Facts about Bangladesh**
- **Status of mental health in Bangladesh**
- **Psychiatry services in Bangladesh**
- **Psychiatry training in Bangladesh**
- **Psychiatry research in Bangladesh**
- **Future Directions**

# Objectives

## ■ Facts about Bangladesh

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# Location and Border of Bangladesh

**Bordered by Bay of Bengal in the south and all other sides by India except a small area in the east by Myanmar**



# Bangladesh: Geography

- **Area:**
  - 1,47,570 km.sq. Km
- **Population:**
  - 129.25 million(8<sup>th</sup> largest)
- **Literacy rate: 48.7%**
- **Religion:**
  - 89.6% Muslim, 9.2 % Hindu  
1.2% others
- **Language:**
  - Bangla (February 21, 1952)
  - World Language Day



# Bangladesh: Economy

## ■ GNI

- US\$62.6B in FY2003
- Per capita GNI  
US\$150

## ■ Agriculture

## ■ Industry

## ■ Resources:

- Natural gas, coal,  
offshore and onshore  
petroleum





# Bangladesh: Government

## ■ Government:

- Parliamentary democracy

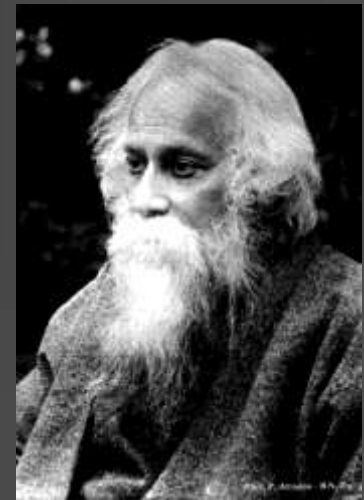
## ■ Judicial:

- British-style criminal codes, amended
- Supreme Court with 2 divisions:
  - High Court Division and
  - Appellate Division



# Bangladesh: History

- Dravidian-Sena Dynasty
- Islamization, 1202-1757
- British rule, 1757-1947
- Pakistan Period, 1947-71
- Bangladesh:
  - Liberation war
  - Bangabandhu rule, 1972-75
  - Military rule, 1975-1990
  - Democracy





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# Bangladesh: Psychiatric Morbidity

## Community based 2-stage survey

- **Adults: General prevalence:16.2 %**
  - Neurotic disorders: 8.39%
  - MDD: 4.61%
  - Psychotic disorders: 1.07%
- **Children: General prevalence:15.5 %**
  - Anxiety Disorder: 8.1%
  - Hyperkinesis: 2.0%
  - Behavioral Disorder: 8.9%
  - Autism Spectrum: 0.2%



(NIMH study, 2004;BSMMU Study,2005)

# Bangladesh: Psychiatric Morbidity

## Service need for adult population

- Population above 18 years is 71.09 million (55%)
- Over 11 million of adult population need mental health service



# Bangladesh: Psychiatric Morbidity

## Service need for children population

- Population below 18 years is 58.16 million (45%)
- Conservative assumption: Over 8 million children and adolescents need mental health service



# Bangladesh Psychiatry: Commonalities with South Asian Countries

- **Psychiatric problems are similar to neighboring countries**
  - share common geo-socio-cultural inheritance
- **Commonalities in the components of psychiatry care, training and research:**
  - Some countries are far ahead of Bangladesh

# **Bangladesh Systematically: Commonalities with South Asian Countries**

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**Overall, mental health of  
South Asian Countries are  
very much directive of unified  
qualities within diversity**

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# Bangladesh Health Services: Organizational Structure

**National: 6 Divisions**

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graph TD; A["National: 6 Divisions"] --> B["64 Districts: 59 General Hospitals"]; B --> C["460 Upazillas: 397 Upazilla Health Complex"]; C --> D["4451 Unions: 13500 Community Clinics"];
```

**64 Districts: 59 General Hospitals**

**460 Upazillas: 397 Upazilla Health Complex**

**4451 Unions: 13500 Community Clinics**

# Bangladesh: History of Psychiatry Services

- 1957 First Mental Hospital in Pabna
- 1960 First Mental Health Clinic
- 1968 Psychiatric Service in Armed Forces was established. A graded training program was implemented
- 1975 DPM Course begins in IPGMR (BSMMU)
- 1975 Child Guidance Clinic
- 1980 FCPS Course offered by BCPS
- 1998 First Child Mental Health Clinic
- 2000 National Institute of Mental Health
- 2001 MD Course started in BSMMU

# Mental Health Professionals

- **Psychiatrist: 77**
- **Psychiatrist-population ratio: 1:2 million**
- **Child Psychiatrist: 02**
- **Psychotherapist: None**
- **Clinical Psychologist: 42**
- **Psychiatric Social Worker: None**
- **Psychiatric Nurse: 72**
- **GP trained in Psychiatry: 3,270**

# Psychiatric Service Facilities

Limited to Tertiary Level of Institutes located at major cities

- **BSM Medical University (BSMMU)**
  - 24 beds/Outdoor-indoor Services
- **Mental Hospital, Pabna**
  - 500 beds/Outdoor-indoor facilities
- **Medical College Hospitals**
  - 250 beds/ Outdoor-indoor Services
- **National Institute of Mental Health(NIMH)**
  - 100 beds/ Outdoor-indoor Services

# Professional Organizations:

## Bangladesh Association of Psychiatrists

- Formed in 1976
- Member of WPA, WFMH, SPF
- Contributes to mental health education & research, and mental health promotion
- Cooperates with national and international agencies
- Organizes national and international conferences and seminars
- Publishes “Bangladesh Journal of Psychiatry” biannually



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# Psychiatry: Training & Teaching

- **Undergraduate Training:**
  - Government Medical College: 13
  - Non-government Medical College: 11
- **Postgraduate Training in Psychiatry:**
  - Bangladesh College of Physicians and Surgeons
  - BSM Medical University
  - Medical College, Sylhet
    - started Post graduate course in Psychiatry in 2003

# Undergraduate Psychiatry: Assessment and Barriers

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- **Psychiatry is not compulsory in the formal assessment in Final Professional Examination**
  - **Psychiatry is evaluated very flexibly and reluctantly as part of Medicine**
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# Postgraduate Courses

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- **Fellow of College of Physicians and Surgeons (Psychiatry)**
  - **Doctor of Medicine (Psychiatry)**
  - **Postgraduate enrollment: 15-20/ Year**
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# Psychiatry Teaching and Training

## Present outcome

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- Inadequate exposure in Psychiatry at Undergraduate level causes GPs low capability to meet the community need for Psychiatric care
  - Postgraduate Psychiatric program is well standard to produce quality Psychiatrists but facilities are limited
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# Psychiatric Research

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- **Mainly conducted at BSMMU & NIMH**
  - **Few ongoing collaborative research**
    - **Primarily to improve psychiatric care and delivery**
  - **Postgraduate students participate in research activities as part of the curriculum under supervision**
  - **Consultants conduct own research activities**
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# Psychiatric Research

## Researches performed

- **Epidemiological: Prevalence studies**
- **Clinical Psychiatry: Pattern of presentation of Psychiatric disorders, Psychiatric aspect of common GMCs**
- **Psychopharmacological: Efficacy of drugs**

# Psychiatric Research

## Researches performed (Cont....)

- **Social Psychiatry: Stressors and Psychiatric disorders, Culture bound syndromes, Attitude of undergraduate students towards Psychiatry, People's belief about Psychiatric disorders**
- **Psychiatric Measures: Standardization of Instruments (SRQ, SDQ, SCID, DAWBA, MMPI, EPI), Development of Scales for Depression and Anxiety**

# Psychiatric Research

## Ongoing Research activities:

- Exploring cross-cultural variations
- Examine the effects of trace elements
- Development of Instruments for OCD and Stressors
- Psychiatric morbidity and its impact among geriatric population

# Psychiatric Research

## Planned research:

- National Child Psychiatric survey
- Follow up study of Schizophrenia
- Development and standardization of Instruments
- Psychiatric services evaluation
- Economical impact and burden for Psychiatric disorders

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# Mental Health Needs

## ❑ Manpower

- ❑ Psychiatrists for teaching & consultancy services
- ❑ Personnel of the Psychiatric Team

## ❑ Training Centres

- ❑ Upgrading Mental Hospital as educational Institute
- ❑ Further development of Dept. of Psychiatry, BSMMU with expanded teaching/training/research facilities
- ❑ Upgrade Psychiatry departments of Medical Colleges to facilitate undergraduate & postgraduate teaching & training

# **Role of the SAARC Psychiatric Federation: Few Suggestions**

- **Facilitate collaboration among Psychiatrists & National Psychiatric Organizations of South Asian Region**
- **Mutual assistance in improving the quality of Psychiatric training**
- **Participation in exchange programs**
  - **e.g., exchange of examiners**
- **Support joint need-based research projects**
- **Collaboration with other agencies in mutual areas of interest**



# CONCLUSIONS

- **Psychiatry in Bangladesh is:**
  - In the early state of development
  - Significant improvement recent years in:
    - Clinical care, training and research
  - Room for further improvement
- **Potential collaboration with neighboring nations**
- **Critical role of the SPF:**
  - Training, developing service strategy, and research collaboration



Thank you

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