

New Mental Health Integration Index confirms substantial gaps exist in policy and support for patients across Asia Pacific

Report from Economist Intelligence Unit reveals while patient-focused, community-based care is the ideal, the reality is very different

HONG KONG, 10 October 2016 – The results of a major research initiative, commissioned by Janssen Asia Pacific and undertaken by the Economist Intelligence Unit (EIU), have been released today to coincide with World Mental Health Day. The Asia-Pacific Mental Health Integration Index compares and ranks the level of effort of 15 countries and territories across the Asia Pacific region in implementing effective mental health policies, and looks at the services and programs available to assist people living with mental illness integrate more successfully into society.

The research highlights that the Index countries¹ have experienced variable success in moving from the institutionalization of people living with mental illness to providing the care, services and environment necessary for them to participate more fully in their communities.

Overall, the countries and territories included in the Index fall within four groups on mental health integration. While the membership of these groups is closely associated with economic development, national scores are hugely diverse.

Kris Sterkens, Company Group Chairman of Janssen Asia Pacific, welcomed the report, explaining that “few diseases are more poorly understood and more subject to prejudice than mental illness, particularly schizophrenia. This report sheds new light on mental health policies across the region, and we hope that it will provide an opportunity for a more informed discussion on the steps needed to be taken to help people living with mental illness integrate back into their communities.”

This research follows an earlier 2014 EIU report in Europe, which found the treatment gap between those affected by mental illness and those receiving appropriate treatment was one of the major challenges for health care systems.

From a regional perspective, the report finds that:

- **There is a need to improve access to mental health services.** Across the board in the Asia Pacific region, less than half of those affected by mental illness receive any medical treatment. This is despite policymakers and governments having made attempts to prioritize the disease, to varying degrees of success. While there is a shared aspiration across the economies to treat those living with mental illness and to support their integration into the community, in almost all cases more needs to be done to make this aspiration a reality. Access to mental health services is also still largely dictated by where a person lives, with a significant rural-urban divide, even in wealthier economies.
- **Mental illness has economic consequences.** There is a wide variance in how well Index countries support those living with mental illness, and trends in the findings point to an important link between success in this area and national wealth. The countries and territories in the study fell into four main groups based on relative income (gross domestic product or GDP). The report confirms the economic burden that mental illness places on Asia Pacific economies: even among the best performing economies –

¹ Australia, China, Hong Kong, India, Indonesia, Japan, Malaysia, New Zealand, Pakistan, Philippines, Singapore, South Korea, Taiwan, Thailand, Vietnam

Australia and New Zealand – mental illness knocks 3.5% and 5%, respectively, off their GDP.

- **There are gaps in epidemiological data.** Another major conclusion in the report is the frequent lack of available data on mental illness prevalence. This is particularly the case in less economically-developed countries, where even basic data is often considered to be guesswork. While the more economically advanced economies do better with gathering statistics on mental illness, there is still a lack of data on outcomes.
- **Persistence of stigma underscores the need for further action.** The report finds that stigma against people with mental illness, especially severe conditions such as schizophrenia, remains pervasive across the region. The report notes that the integration of people living with mental illness will ultimately depend on cultural acceptance and anti-stigma efforts, which need to occur alongside the development of community-based infrastructure.

“No country is immune from the challenge of mental illness. While it is encouraging to know that there has been considerable progress with policies and programs across the region, much more needs to be done,” commented Sterkens. “Good physical and mental health is one of the single biggest determinants of individual, social and economic wellbeing. This research illustrates not only how important it is for Asia Pacific economies to better deliver in the areas of mental health policy and the implementation of services, but also the big role that communities can play in positively changing attitudes towards people affected by mental illness and their families.”

Janssen sponsored this independent research by the EIU as part of its Healthy Minds program in Asia Pacific. The study contributes to a growing body of knowledge across Asia Pacific about how best to tackle the problem of mental illness. Our support for the research forms an important part of our commitment to improve and transform the lives of people living with mental illness.

To download a copy of the report please visit: <http://janssen.com/apac/news-center/health-policy-and-advocacy/mentalhealthandintegration>

End

Notes to editor

Research background

The Asia-Pacific Mental Health Integration Index measures the degree of support within 15 Asia-Pacific countries and territories for integrating people with mental illness into society. It replicates the framework developed for the European Mental Health Index 2014, cross-checked with experts for relevance, and found to be appropriate for the Asian context. The Index scores countries across four categories—Environment, Opportunities, Access to Treatment and Governance.

Further information is included in the methodology section of the Report.

The Economist Intelligence Unit is responsible for the content of the Report. The findings and views expressed do not necessarily reflect the views of the sponsor. None of the experts interviewed for this report received financial compensation for participating in the interview programme.

Country rankings

OVERALL SCORE		
RANK	COUNTRY	SCORE
1	New Zealand	94.7
2	Australia	92.2
3	Taiwan	80.1
4	Singapore	76.4
5	South Korea	75.9
6	Japan	67.4
7	Hong Kong	65.8
8	Malaysia	54.1
9	China	45.5
10	Thailand	44.6
11	India	29.4
12	Philippines	25.5
13	Vietnam	20.6
14	Indonesia	16.7
15	Pakistan	12.8

1) ENVIRONMENT		
RANK	COUNTRY	SCORE
1	Australia	90.0
1	New Zealand	90.0
3	Taiwan	81.7
4	South Korea	75.0
5	Hong Kong	73.3
5	Singapore	73.3
7	Malaysia	71.7
8	Japan	65.0
9	China	60.0
9	Thailand	60.0
11	India	50.0
12	Vietnam	40.0
13	Philippines	33.3
14	Indonesia	25.0
15	Pakistan	15.0

2) OPPORTUNITIES		
RANK	COUNTRY	SCORE
1	Australia	100.0
1	New Zealand	100.0
3	Japan	88.9
3	Taiwan	88.9
5	Singapore	72.2
5	South Korea	72.2
7	Hong Kong	61.1
7	Malaysia	61.1
9	China	38.9
10	Thailand	22.2
11	India	16.7
12	Pakistan	11.1
13	Indonesia	0.0
13	Philippines	0.0
13	Vietnam	0.0

3) ACCESS TO TREATMENT		
RANK	COUNTRY	SCORE
1	Australia	96.9
2	New Zealand	95.8
3	South Korea	82.7
4	Singapore	81.5
5	Taiwan	77.8
6	Hong Kong	72.9
7	Japan	58.6
8	Malaysia	43.6
9	Thailand	37.0
10	China	27.4
11	Philippines	26.9
12	Indonesia	20.2
13	Vietnam	10.3
14	India	10.0
15	Pakistan	0.5

4) GOVERNANCE		
RANK	COUNTRY	SCORE
1	New Zealand	94.9
2	Australia	84.9
3	Singapore	77.0
4	Taiwan	75.6
5	South Korea	72.1
6	Japan	65.6
7	Hong Kong	53.9
8	China	53.3
9	Thailand	50.3
10	Malaysia	42.6
11	India	35.9
12	Philippines	31.9
13	Vietnam	24.0
14	Pakistan	23.8
15	Indonesia	15.1

About Janssen Healthy Minds

The Janssen Healthy Minds program in Asia Pacific provides focus in our commitment to both the medical community and patients and in doing so we hope that it serves as a catalyst for change across the region. Janssen Healthy Minds helps us to deliver our vision for mental health in Asia Pacific. A future we embrace together with the communities we serve, to ensure a stigma-free life with access to optimal care for all those living with mental illnesses.

About Janssen Pharmaceutical Companies

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Reference

1. Mental Health and Integration. Provision for supporting people with mental illness: A comparison of 15 Asia-Pacific countries. Economist Intelligence Unit. October 2016.