Huge barriers to the treatment of mental disorders in low-income countries

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Ugeskrift for Læger 177, 2015.

ABSTRACT

In low-income countries 76-85% of people living with mental disorders do not receive treatment. To reduce the treatment gap many challenges need to be addressed. On a health political level this includes limited financial resources and ineffective health organization. Human resources are inadequate, and often drugs are not available. Individuals face long distances to psychiatric hospitals, out-of-pocket payment and stigma. There is a great need for research in how to enhance prevention and treatment of mental disorders in low-income countries.

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