

The Burden of mental disorders in Iran, 1990-2019: Results from the Global Burden of Disease Study 2019

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Introduction

Mental disorders are increasing in Iran. A systematic analysis of the disease burden provides the basis for targeted health policies on mental health in Iran.

Methods

We used GBD 2019 study data to estimate the incidence, prevalence, years lived with disability (YLDs), years of life lost (YLLs) and disability-adjusted life-years (DALYs) from mental disorders from 1990 to 2019 in Iran. The mental disorders included in the GBD 2019 were depressive disorders, anxiety disorders, bipolar disorder, schizophrenia, autism spectrum disorders, conduct disorder, attention-deficit hyperactivity disorder, eating disorders, idiopathic developmental intellectual disability, and other mental disorders. We reported rates per 100,000 population, percentage changes in 1990-2019, and 95% Uncertainty Intervals (UIs) for the estimates.

Key Findings

GBD 2019 showed that mental National policies should strengthen mental health, and appropriate mental health services for those with mental health disorders should be provided.

Results

In 2019, 6.7 [95% uncertainty interval (UI): 5.8-7.8] million incident cases of mental disorders in Iran, 15.7 million (95% UI: 14.5-16.9) prevalent cases, and 2.05 (95% UI: 1.5-2.7) million DALYs were estimated. Between 1990 and 2019, the number of DALYs due to mental disorders increased from 1.1 million (UI: 0.85–1.5) to 2.05 (95% UI: 1.5-2.7). Age-standardized DALY rates increased 1.8% between 1990 [2,254 (95% UI 1,670–2,965)] and 2019 [2295.8 (95% UI 1702.2–3033.6)].

Conclusions

Strategies and providing appropriate mental health services for those with mental health disorders is necessary to combat their increasing burden. The COVID-19 pandemic has also adversely affected mental health. Policy change is needed to address the mental health impact of COVID-19 in Iran.

References

All data related to this abstract are available at: <https://vizhub.healthdata.org/gbd-results>

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