

## Adults in outpatient treatment

Half of the Norwegian population will experience a mental disorder at some point in their life. Mental illness mostly affects the younger part of the population, and anxiety and depression are the most common conditions. Substance abuse disorders are common, and they often occur together with other mental disorders. Psychosis disorders are relatively rare (1-3.5%). Some conditions are associated with a very good health prognosis, while other may result in chronic disorders. Psychological disorders and behavioral disorders make up with a 36% share the largest group of people receiving social relief.

### Sample and definitions

Adults aged 18 to 64 years who were in contact with the sectors mental healthcare, interdisciplinary specialised addiction treatment or mental healthcare specialists in private practice under public funding contracts during the period 2014-2018 were included in the sample.

Outpatient contacts are defined as contacts where a patient (or next of kin) was physically present, and was admitted and discharged on the same day (includes both outpatient contacts as well as day care).

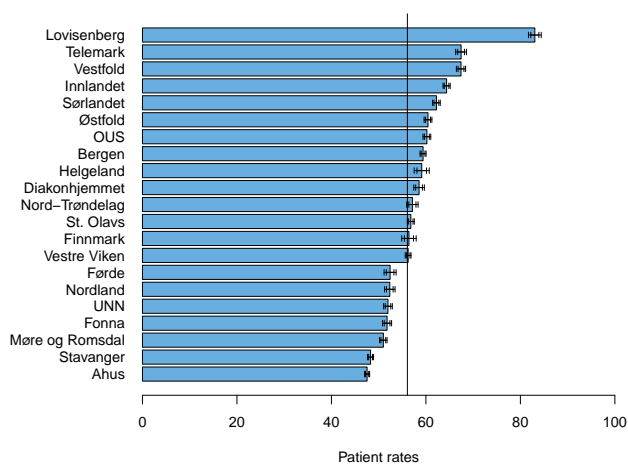
### Results

More than 180,000 adult patients per year had one or more outpatient contacts in mental healthcare, interdisciplinary specialised addiction treatment and mental healthcare specialists, with more than 2,250,000 outpatient contacts in Norway in total.

The patient rate varied from 48 to 83 adults a year in outpatient treatment per 1,000 population across hospital referral areas. The contact rate varied from 461 to 1,229 contacts a year per 1,000 population, with an average of 696.

Adults had on average 12 outpatient contacts a year, varying from 8 to 15 contacts across hospital referral areas.

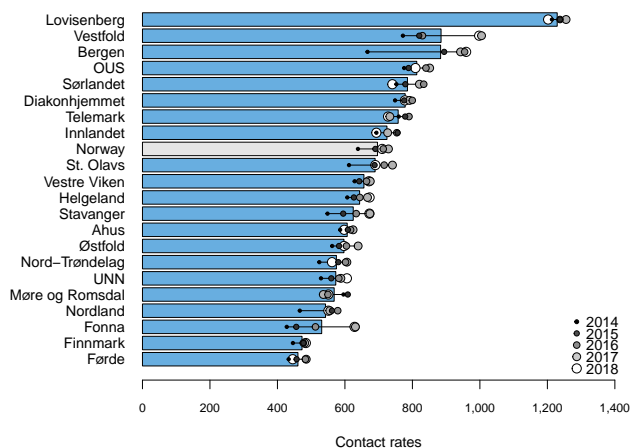
The mental healthcare sector represented the largest share of outpatient contacts (88-46%). The use of mental healthcare specialists in private practice under public funding contracts was highest in the Oslo area (43-34%), and lowest in Northern Norway (8%). Outpatient contacts in interdisciplinary specialised addiction treatment of substance abuse represented 14% at the national level, with a varying share from 2% to 29% across hospital referral areas.



Source: NPR/SSB



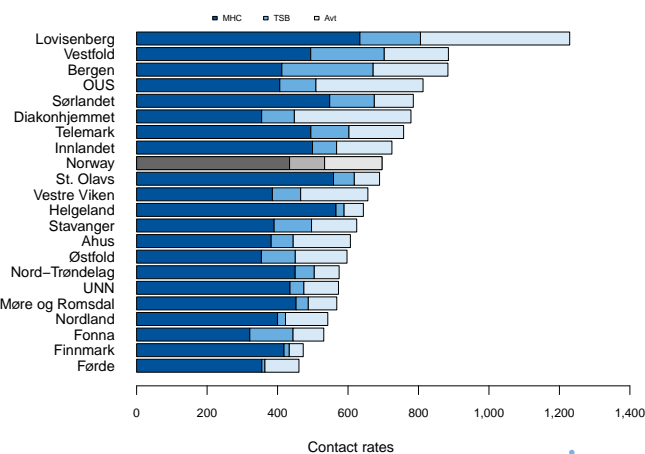
Patient rates for outpatient treatment in mental healthcare and interdisciplinary specialised addiction services: Number of adult patients (18-64 years) per 1,000 population, broken down by hospital referral area. The bars show the average values per year for the period 2014-2018, with pertaining 95% and 99.8% confidence intervals. The vertical line indicates the average for Norway as a whole. The rates have been adjusted for age and gender.



Source: NPR/SSB



Contact rates for outpatient treatment of adults (18-64 years) in mental healthcare and interdisciplinary specialised addiction services: Number of contacts per 1,000 population, broken down by hospital referral area and for Norway as a whole. The bars show the average values per year for the period 2014-2018, and the dots represent the rates for each year. The rates have been adjusted for age and gender.



Source: NPR/SSB



Contact rates, broken down by sector. Outpatient contact rate for adults (18-64 years), broken down by hospital referral area and for Norway as a whole, percentage distribution broken down by the sectors mental healthcare (MHC), interdisciplinary specialised addiction treatment (TSB) and mental healthcare specialists in private practice under public funding contracts (Avt). The bars show average values per year for the period 2014-2018. The rates have been adjusted for age and gender.

### Comment

Adults represent a large group in outpatient treatment. Since the patient rate did not vary much across hospital referral areas, it is worth noting that the contact rate is almost twice as high in referral areas with the highest rate, compared to areas with the lowest rate. Adult Oslo inhabitants represent the largest relative share of services by mental healthcare specialists under public funding contracts.