

## Adults with severe mental disorders inpatient treatment

Severe mental disorders, i.e. psychosis, severe depression, mania, or bipolar affective disorder are relatively rare conditions and approximately 1-3.5% of the population will experience psychosis at some point in their life. Severe mental disorder can lead to long-term and major loss of function as well as profound need for care, while others can have a shorter period of illness. Patients with severe mental disorders often receive both outpatient and inpatient treatment from the specialist health services.

### Sample and definitions

Adults between 18 and 64 years who in 2014-2018 had at least one inpatient contact in mental healthcare, interdisciplinary specialised addiction treatment (TSB) or private specialists under public funding contracts, with severe mental disorder as the primary or secondary diagnosis are included. Severe mental disorder (SMD) is defined by the ICD 10-codes F20-29, F30.1, F30.2, F30.8, F30.9, F31, F32.3, F33.3.

Admissions are defined as stays in / admissions to an institution with a duration of more than zero days registered in mental healthcare or interdisciplinary specialised addiction treatment. Admissions less than eight hours apart have been added together. Admissions with a duration exceeding 365 days were excluded from further analyses. The yearly rates are registered in the year of discharge.

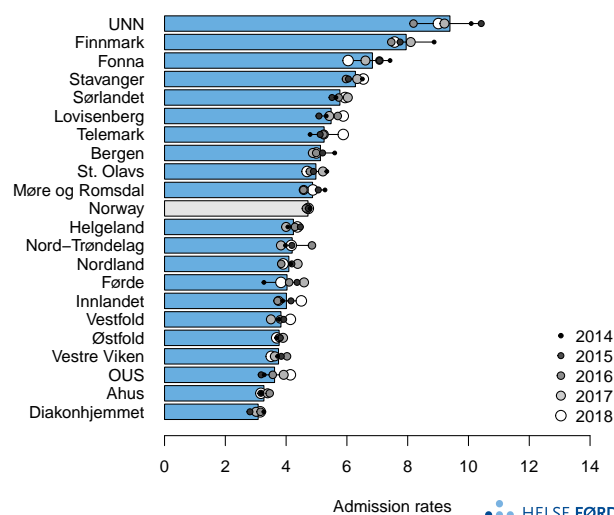
### Results

Each year 7,920 adults with severe mental disorder were admitted for inpatient treatment in mental healthcare and interdisciplinary specialised addiction treatment in Norway, for 15,100 admissions yearly in total.

The patient rate varied across hospital referral areas from 1.9 to 3.5 adults with severe mental disorders in inpatient treatment per 1,000 population each year.

The admission rate varied across hospital referral areas from 3.1 to 9.4 admissions per 1,000 population, with a yearly average rate of 4.7 stays. Admissions for adults with severe mental disorders varied on average 29 days, and varied across hospital referral areas from 16 to 42 days per admission.

Hospital referral area	Number of patients	Number of admissions	Days per admission
OUS	403	619	42.4
Diakonhjemmet	197	278	41.3
Østfold	384	653	34.1
Ahus	648	1,055	33.8
Bergen	774	1,420	32.6
Vestre Viken	607	1,093	32.2
Innlandet	482	901	31.9
Lovisenberg	339	537	31.7
Vestfold	307	526	30.8
Stavanger	721	1,426	29.9
Førde	130	255	29.8
Telemark	269	538	27.9
St. Olavs	462	985	27.2
Møre og Romsdal	386	778	27.1
Nord-Trøndelag	167	329	26.5
Helgeland	110	196	26.0
Nordland	194	331	25.4
Sørlandet	502	1,037	23.8
Finnmark	161	370	21.7
Fonna	307	735	20.3
UNN	360	1,091	16.5
Norway	7,920	15,151	29.1



Source: NPR/SSB  
Admission rates, adults with severe mental disorders receiving inpatient treatment. Number of admissions 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.

### Comment

There is large variation in inpatient treatment for adults with severe mental disorders, but little variation in the patient rate. Patients in hospital referral areas in Northern Norway have shorter admissions, while Oslo area admissions are longer.

There is unwarranted variation in inpatient treatment for adults, and the variation is particularly pronounced for patients with severe mental disorders.

Inpatient treatment of adults with severe mental disorders. Includes admissions in mental healthcare and interdisciplinary specialised addiction services. Number of patients, admissions and days per admission, broken down by hospital referral area and for Norway as a whole. The figures represent average values per year for the period 2014–2018 and apply to adults aged 18–64 years.