

Mental Health in BELGIUM



FREQUENCY OF MENTAL DISORDERS IN BELGIUM

Overall, almost a third of the Belgian population suffered from at least one of the studied mental disorders once in their lifetime. The most common mental disorder in Belgium is major depression (14.1 % in the general population, lifetime), followed by alcohol abuse (7.8 %, lifetime) and specific phobia (6.8 %, lifetime). Far less frequent are agoraphobia without panic (0.9 %, lifetime), panic disorder (1.6 %, lifetime), alcohol dependence (1.7 %, lifetime) and generalized anxiety disorder (1.9 %). As a group, mood disorders are the most frequent group of mental disorders (14.1 %, lifetime).

Overall, about a tenth of the Belgian population suffered from at least one of the studied mental disorders in the 12 months previous to the interview. In this 12 months period, major depression is the more frequent disorder (5.0% in the general population, previous year), followed by specific phobia (4.4 %, previous year) and alcohol abuse (1.7 %, previous year). The less frequent mental disorders are adult separation anxiety (0.1 %, previous year), alcohol dependence (0.3 %, previous year), agoraphobia without panic (0.4 %, previous year) and oppositional – defiant disorder (0.4 %, previous year). As a group, anxiety disorders are the most frequent group of mental disorders (7.6 %, previous year).

PREDICTORS OF MENTAL DISORDERS IN BELGIUM

Overall, mental disorders (previous year) are more frequent among the younger. In particular, those with 18 – 24 years of age show the highest rates of mental disorders (previous year).

Overall, gender, income and marital status are not related with mental disorders, with the exception of substance abuse disorders, which are more likely among those never married.

EPREMIED



EUROPEAN POLICY INFORMATION RESEARCH FOR MENTAL DISORDERS

BELGIUM

TREATMENT OF MENTAL DISORDERS IN BELGIUM

The probability of visiting a health care professional during the first year after the onset of a mental disorder varies according to specific disorder: e.g., 56.4 % for panic disorder, 47.8 % for major depression and 46.8 % for generalized anxiety disorder.

Also, the amount of years, since the onset of a mental disorder, passed until visiting a health care professional (i.e., treatment delay) varies according to the specific disorder: e.g., one year for panic disorder, generalized anxiety disorder and major depression, 18 years for alcohol abuse, 21 years for specific phobia and 23 years for social phobia.

Overall, the general practitioner was the health care professional most commonly visited (previous year). This is specially true for mood disorders (42.9 % of individuals) and anxiety disorders (29.6 %). Nevertheless, it is noteworthy that only a minority of individuals suffering from a mental disorder reported to have visited a health care professional because of their symptoms. Also, only a small proportion of those who reported having visited a health care professional because of their mental health chose a mental health specialist.

Mental disorders | in BELGIUM

