

Digital mental health in severe mental illness

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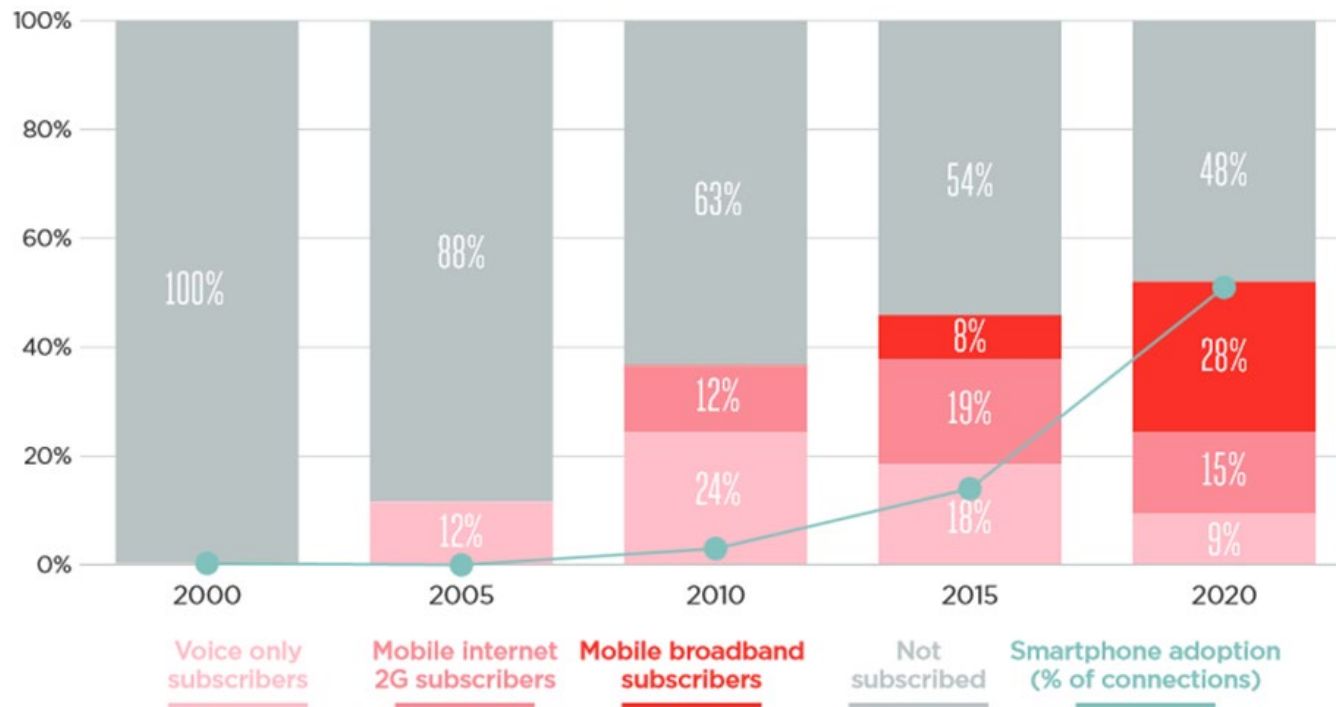
The challenge: the treatment gap

- SMI Prevalence is about 4%
- Pakistan estimated population is over 220 million, so population requiring care for SMI is about 9 million
- WHO estimate of treatment gap is about, about 6.3 million people with SMI not receiving treatment.
- A perspective: Scotland population is 5.5 million.



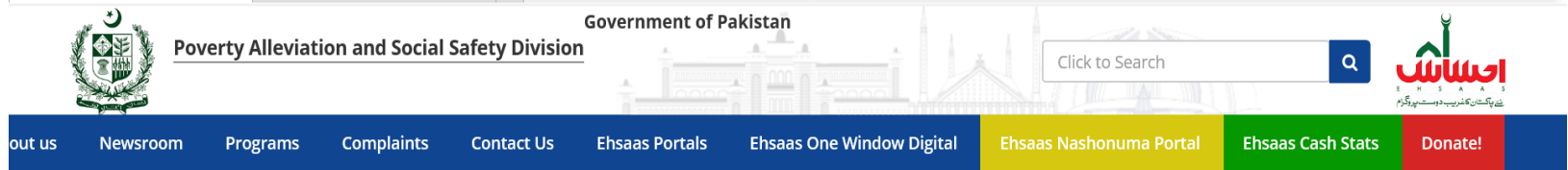
The opportunity

Pakistan mobile market evolution (percentage of population)



Source: GSMA Intelligence

The opportunity: Linking SMI with the Ehsas programme using data4Pakistan



Data4Pakistan- Ehsas District Development Portal

Sitting under the umbrella of Ehsas, Data4Pakistan, the first initiative of its kind in the country, provides open and public access to a spatial interactive portal that has poverty estimates for every district in Pakistan, along with over 120 development and policy indicators. The portal currently has six rounds of district poverty and development data, covering the period 2004-2018. It has been developed in collaboration with the World Bank. This innovative portal is a very valuable resource for federal, provincial and district level policymakers for decision making. Data can be explored [here](#).

Details in English

اردو میں معلومات

Data4Pakistan Brief



Explore the data


To explore the data, the Data4Pakistan portal can be accessed [here](#).

The opportunity: STOPS programme as a model for public health intervention

Open access

Protocol

BMJ Open Supervised treatment in outpatients for schizophrenia plus (STOPS+): protocol for a cluster randomised trial of a community-based intervention to improve treatment adherence and reduce the treatment gap for schizophrenia in Pakistan

Thomas Andrew Shepherd ,¹ Zia Ul-Haq,² Mian Ul-Haq,³ Muhammad Firaz Khan,³ Adil Afridi,³ Lisa Dikomitis,^{1,4} Michelle E Robinson,¹ Martyn Lewis,¹ Atif Rahman,⁵ Krysia Dziedzic,¹ Umaima Saeed,² Naila Riaz Awan,³ Christian Mallen,^{1,6} Saeed Farooq^{1,6}

- A programme involving primary health care physicians and PHC workers
- A nominated family member trained in administering and recording treatment
- Effective in improving treatment adherence and functioning

The opportunity: STOPS programme as a model for public health intervention



- Include the diagnosis of SMI in one of the eligibility criteria for screening for the Ehsas programme
- Link all those suffering from SMI and requiring assistance with the Ehsas programme.
- Provide them treatment using the STOPS approach, support families in the vocational and financial assistance programmes under Ehsas.

Conclusion:

- Identifying and linking the people with SMI to the Data4Pakistan and providing them complete free access to treatment can result in a unique public health model for treating SMI in LMIC.
- This targeted subsidy approach is based on vision of Imran Khan for the Ehsas programme.
- A cohort of people identified and supported through this programme can provide the data and evidence for reducing treatment gap for SMI worldwide



Thank you !



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