

## Adults in inpatient 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 others may result in chronic disorders. Psychological disorders and behavioral disorders constitute with a 36% share the largest group of people receiving social relief.

### Sample and definitions

Adults aged 18 to 64 years with at least one episode of inpatient treatment the sectors mental healthcare or interdisciplinary specialised addiction treatment during the period 2014-2018 were included in the sample.

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.

Hospital referral area	Number of patients	Number of admissions	Days per admission
Diakonhjemmet	543	838	32.3
Telemark	1,072	1,893	30.6
Innlandet	2,065	3,525	30.4
OUS	1,310	67,601	30.2
Vestfold	1,143	1,928	28.8
Stavanger	1,916	3,574	28.5
Vestre Viken	2,220	3,774	28.3
Lovisenberg	1,156	1,938	27.3
Bergen	2,397	4,449	27.0
Ahus	2,373	3,946	26.5
Helgeland	418	684	25.9
Nordland	863	1,508	25.2
Førde	483	937	25.2
Østfold	1,724	2,891	24.9
Nord-Trøndelag	651	1,158	24.3
Møre og Romsdal	1,393	2,700	24.2
Sørlandet	1,786	3,419	23.6
Fonna	951	1,971	23.5
Finnmark	604	1,158	22.9
St. Olavs	1,699	3,315	22.3
UNN	1,214	2,956	18.5
Norway	27,685	50,800	26.2

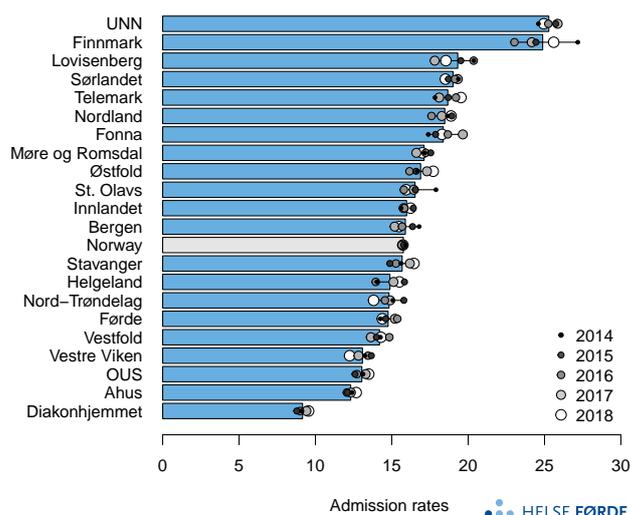
Inpatient treatment of adults in mental healthcare and interdisciplinary specialised addiction services. Number of patients, admissions and days per admission, broken down by hospital referral area and for Norway as a whole. The figures represent average values per year for the period 2014–2018 and apply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

### Results

Each year 27,700 adults were admitted for inpatient treatment in mental healthcare and interdisciplinary specialised addiction treatment in Norway, for 50,800 admissions yearly in total.

The patient rate varied across hospital referral areas from 6 to 13 adults in inpatient treatment per 1,000 population. The admission rate varied across hospital referral areas from 9 to 25 admissions per 1,000 population, with a yearly average rate of 16 admissions.

Admissions for adults varied on average 26 days, and varied across hospital referral areas from 19 to 32 days per stay.



Source: NPR/SSB

Admission rates for inpatient treatment of adults (18–64 years) in mental healthcare and interdisciplinary specialised addiction services: 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

Patients in inpatient treatment is a far smaller group than patients in outpatient treatment. The variation is substantial, however, with almost three times more admissions per 1,000 population in the referral areas with the highest rate, compared to the areas with the lowest rate.

There is a tendency towards higher use of inpatient treatment in Northern Norway, with low outpatient contact rates and many short inpatient stays in some hospital referral areas. In the Oslo area, on the other hand, there are few long stays and a high outpatient contact rates. The variation in inpatient treatment for adults is unwarranted.