

# Trends and patterns in psychiatric admissions for mood disorders in children, adolescents and young people (0-24 years) in England between 2012-19: An exploratory study

Sundar Gnanavel<sup>1</sup>; Kavita Nagpal<sup>1</sup>; Attia Ahmad<sup>1</sup>; Gaythri Venkatesan<sup>1</sup>; Priya Khanna<sup>1</sup>; Steve Humble<sup>2</sup>; Patrick Keown<sup>1,2</sup>; Aditya Sharma<sup>1,2</sup>

<sup>1</sup>Cumbria, Northumberland, Tyne and Wear NHS foundation trust

<sup>2</sup>Newcastle University



## Background & Rationale

- Scarce literature pertaining to inpatient psychiatric admissions in England or Western Europe for this age group
- A significant recent decline in number of psychiatric beds for the adolescent age group
- Parallel increase in presentations consistent with mood disorders in this age group (including to A & E services)



RCPsych have proposed a proxy measure of appropriate bed numbers as between 2 and 4 beds per 100,000 population

## Aims/Hypotheses

- To explore trends in psychiatric admissions for young people aged 0-24 years (10-14; 15-19 and 20-24) over the last 7 years
- We hypothesized an increase in admissions with mood disorders, particularly depressive disorder.

## Methods

- NHS-HERS (Hospital episode record statistics) and ONS (Office for national statistics) data were used to calculate population rates of admission (based on diagnosis)
- The fit of the data using linear regression lines were studied for the various data points for each diagnostic category and age group

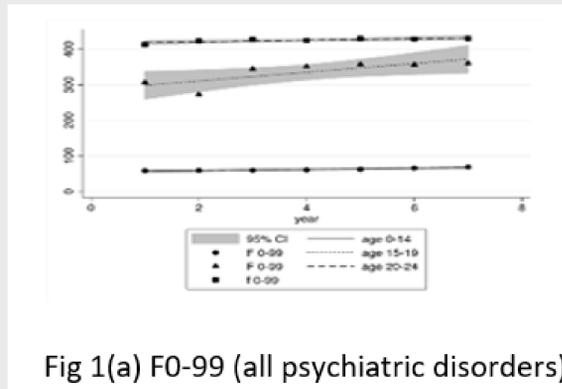


Fig 1(a) F0-99 (all psychiatric disorders)

**Comments:** The data for the 20-24 age group suggests an increasing significant trend over time ( $\beta=2.22$ ,  $p<0.05$ ) while the increase is slower for 15-19 years age group ( $\beta=12.21$ ,  $p<0.05$ )

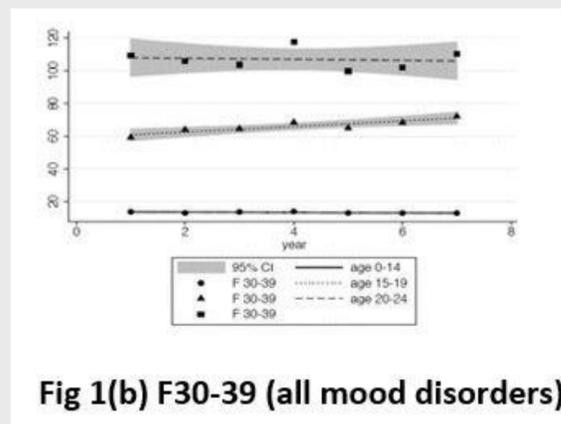


Fig 1(b) F30-39 (all mood disorders)

**Comments:** The data for the 15-19 age group there is a significant increasing trend over time ( $\beta=1.71$ ,  $p<0.01$ ) while the data the 20-24 age group lacks a significant fit to a linear regression line ( $\beta=-0.33$ ,  $p>0.05$ )

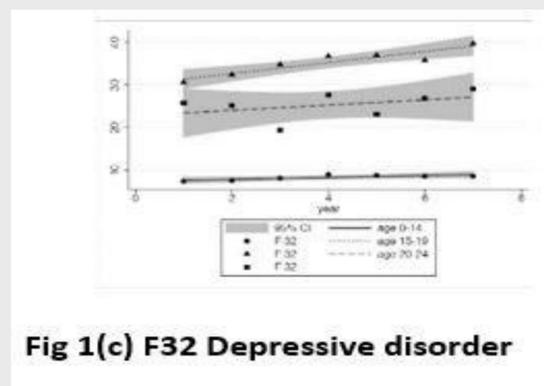


Fig 1(c) F32 Depressive disorder

**Comments:** The data for the 15-19 age group shows a significant increasing trend over time ( $\beta=1.29$ ,  $p<0.01$ ). The data for the 20-24 age group seems to suggest an increasing trend but lacks a significant fit to a linear regression line

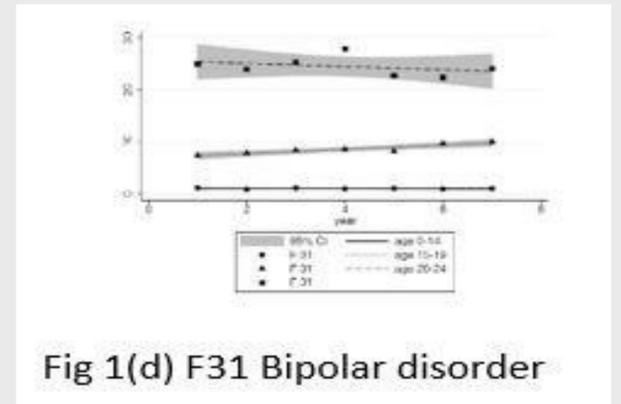


Fig 1(d) F31 Bipolar disorder

**Comments:** The data for the the 15-19 age group shows a significant increasing trend over time ( $\beta=1.29$ ,  $p<0.01$ ) while the data for the 20-24 age group seems to suggest an increasing trend but lacks a significant fit to a linear regression line

## Discussion

- An increase in inpatient admissions for psychiatric disorders between 0-24 years
- Mood disorders drive this upward trend (particularly depressive disorder) in the 0-14 and 15-19 age bands.
- DOH, UK (2004-07) report identified increasing rates of referral; a national shortage of adolescent inpatient beds, heterogeneity in crisis care provision and gaps in long-term therapeutic provisions as driving this upward trend
- Increase in admissions with adolescent bipolar disorder can be attributed to increasing awareness of bipolar disorder in adolescents, increasing confidence in diagnosis and reformulation of psychotic presentations

## Conclusion

- Inpatient bed availability and admission rates have significant implications in planning, prioritizing and delivering CAMHS and young people mental health services