



Australian Government

People living with psychotic illness 2010

Report on the
second Australian national survey

*Vera A. Morgan
Anna Waterreus
Assen Jablensky
Andrew Mackinnon
John J. McGrath
Vaughan Carr
Robert Bush
David Castle
Martin Cohen
Carol Harvey
Cherrie Galletly
Helen J. Stain
Amanda Neil
Patrick McGorry
Barbara Hocking
Sonal Shah
Suzy Saw*

November 2011

national
mental
health
strategy

People living with psychotic illness 2010

Report on the second Australian national survey

Vera A. Morgan
Anna Waterreus
Assen Jablensky
Andrew Mackinnon
John J. McGrath
Vaughan Carr
Robert Bush
David Castle
Martin Cohen
Carol Harvey
Cherrie Galletly
Helen J. Stain
Amanda Neil
Patrick McGorry
Barbara Hocking
Sonal Shah
Suzy Saw

November 2011

Author affiliations

Vera A. Morgan (The University of Western Australia)
Anna Waterreus (The University of Western Australia)
Assen Jablensky (The University of Western Australia)
Andrew Mackinnon (The University of Melbourne)
John J. McGrath (The University of Queensland)
Vaughan Carr (University of New South Wales)
Robert Bush (The University of Queensland)
David Castle (The University of Melbourne)
Martin Cohen (Hunter New England Mental Health;
The University of Newcastle)
Carol Harvey (The University of Melbourne)
Cherrie Galletly (The University of Adelaide)
Helen J. Stain (The University of Newcastle)
Amanda Neil
Patrick McGorry (The University of Melbourne)
Barbara Hocking (SANE Australia)
Sonal Shah (The University of Western Australia)
Suzy Saw (Australian Government Department
of Health and Ageing)

Acknowledgements

We thank the participants, people across Australia with severe mental illness, including those screened but not selected for interview, who gave their time and their histories to further understanding of what it is like to live with a psychotic illness and how best to support people with psychosis. We also thank the general practitioners of these participants who provided insights into the management of patients with psychosis in general medical practices.

We appreciate the very important contribution and enthusiasm of government mental health services and non-government organisations supporting people with mental illness in the seven participating catchment sites. In particular, we thank the many mental health professionals who assisted in the census month screening and the follow-up contact of selected participants. Their role was critical to the survey methodology. Mental health services also enabled secondment of experienced mental health professional staff to conduct the interviews and provided much needed infrastructure.

We thank everyone who had input into the content of the interview and assessment schedule and other instrumentation.

We would particularly like to thank those individuals who assisted in the preparation of this report.

People living with psychotic illness 2010

ISBN: 978-1-74241-613-7
Online ISBN: 978-1-74241-614-4
Publications Approval Number: D0556

Copyright Statements:

Paper-based publications

© Commonwealth of Australia 2011

This work is copyright. You may reproduce the whole or part of this work in unaltered form for your own personal use or, if you are part of an organisation, for internal use within your organisation, but only if you or your organisation do not use the reproduction for any commercial purpose and retain this copyright notice and all disclaimer notices as part of that reproduction. Apart from rights to use as permitted by the Copyright Act 1968 or allowed by this copyright notice, all other rights are reserved and you are not allowed to reproduce the whole or any part of this work in any way (electronic or otherwise) without first being given the specific written permission from the Commonwealth to do so. Requests and inquiries concerning reproduction and rights are to be sent to the Communications Branch, Department of Health and Ageing, GPO Box 9848, Canberra ACT 2601, or via e-mail to copyright@health.gov.au.

Internet sites

© Commonwealth of Australia 2011

This work is copyright. You may download, display, print and reproduce the whole or part of this work in unaltered form for your own personal use or, if you are part of an organisation, for internal use within your organisation, but only if you or your organisation do not use the reproduction for any commercial purpose and retain this copyright notice and all disclaimer notices as part of that reproduction. Apart from rights to use as permitted by the Copyright Act 1968 or allowed by this copyright notice, all other rights are reserved and you are not allowed to reproduce the whole or any part of this work in any way (electronic or otherwise) without first being given the specific written permission from the Commonwealth to do so. Requests and inquiries concerning reproduction and rights are to be sent to the Communications Branch, Department of Health and Ageing, GPO Box 9848, Canberra ACT 2601, or via e-mail to copyright@health.gov.au.

FOREWORD

Almost half of all Australians will experience mental illness at some point in their lives. For those that experience psychotic illnesses and their families and carers the impacts are often particularly severe.

These illnesses usually have their onset in late adolescence and early adulthood, during a period in which most young people are completing their education, first entering the workforce and establishing new social networks. The isolation experienced due to the symptoms of their illness is often compounded as they are more likely to experience financial hardship, unemployment, homelessness and periods of hospitalisation.

The results of the first national psychosis survey undertaken in 1997-98 painted a bleak picture of the lives of people living with psychotic illness. Since that time there have been major reforms in the way mental health services are run and increasing investment by all levels of government.

Spending on mental health services delivered by the states and territories (the main providers of care to people with psychotic illness) has increased by 90 per cent in real terms, and mental health related expenditure by the Australian Government has increased by 107 per cent over the same period.

Services have shifted from being provided in stand alone hospitals to being provided in the community. This has been supported by a 70 per cent increase in community based staffing compared to when the first survey was undertaken. Over this period we have also seen a sufficiently expanded role for non government organisations in service provision – with funding to the sector nearly doubling.

There have also been major changes in the way general practitioners are funded through Medicare to provide mental health services and the availability of psychological services with the introduction of the Better Access initiative in November 2006. At the same time there has been a shift in the medications used in the management of delusions and hallucinations. Three quarters of people with psychotic illness now take 'atypical antipsychotics', which have fewer neurological side effects.

The 2010 survey provides evidence of these reforms and the way in which they've markedly improved the lives of people experiencing psychotic illnesses. The survey shows decreases in hospital admissions for mental health reasons and marked increases in the use of community rehabilitation and day programs. Fewer people with psychotic illness are now experiencing homelessness, more are in supported accommodation and many more are being supported to live in their own homes or rented accommodation.

While the survey results are promising, they also point to the ongoing challenge we face to do better for Australians affected by mental illness.

Psychotic illness remains a debilitating illness. The survey shows that people with psychotic illness still have substantially poorer physical health than the general population, and remain at considerably greater risk of higher levels of obesity, smoking, alcohol and drug use.

The results reinforce the importance of the Australian Government's investments in early psychosis services, in partnership with the states and territories, and the new 'Partners in Recovery' initiative to coordinate and provide flexibly funded services and supports for people with severely debilitating, persistent mental illness and complex needs. The Government is investing \$549 million over 5 years in this Partners in Recovery initiative because we recognise that people living with a severe mental illness not only need more support but better coordination of existing support services.

The survey results highlight the reasons that all levels of government need to continue to invest in providing the range of services people need. The Government is committed to ongoing reform of the mental health system. The establishment of a National Mental Health Commission and development of the Ten Year Roadmap for Mental Health Reform will give mental health greater national prominence, set out what Australia's mental health system should look like in ten years and provide increased accountability to ensure we reach our goal.

I would like to thank the staff of the services that participated in the survey, the survey coordinators and particularly the team at The University of Western Australia who once again led this important work. More importantly, I would like to thank all the people who took the time to participate in the study and share the details of their lives with us. The information you have provided forms an important foundation that will guide how these new initiatives are implemented and the services that are provided into the future.

A handwritten signature in black ink, appearing to read 'Mark Butler', with a long horizontal flourish extending to the right.

The Hon Mark Butler MP

Minister for Mental Health and Ageing

3 November 2011

TABLE OF CONTENTS

1	Overview, background, aims and methodology	13
1.1	Setting the scene	13
1.2	Scope of the survey	13
1.3	Comparability with the first national survey of psychotic illness	13
1.4	Report structure	14
1.5	What is a psychotic illness?	14
1.6	Aims.....	15
1.7	Who the survey covered.....	16
1.8	Methodology.....	16
	1.8.1 Two-phase design.....	16
1.9	Instruments and assessments.....	18
1.10	Interview sample selection	18
2	Estimates of the prevalence of psychotic disorders	21
2.1	One-month treated prevalence of persons with psychotic disorders in contact with public specialised mental health services	21
2.2	12-Month treated prevalence of persons with psychotic disorders in contact with public specialised mental health services	24
3	Key socioeconomic and demographic characteristics	25
3.1	Age and sex	25
3.2	Country of birth and language spoken	25
3.3	Educational profile	25
3.4	Income and employment.....	26
3.5	Housing and homelessness	26
3.6	Marital status and parenting	27
3.7	Health insurance	27
4	Mental health profile.....	29
4.1	Diagnostic profile.....	29
4.2	Age at onset of psychotic illness.....	30
4.3	Type of onset	30
4.4	Family background and developmental history	31
4.5	Course of illness.....	31
4.6	Symptom profile.....	32
4.7	Other psychiatric comorbidity	33
5	Suicidality	35
5.1	Suicidality.....	35

6	Functioning and impairment	37
6.1	Deterioration from premorbid functioning.....	37
6.2	Overall functioning.....	37
6.3	Activities of daily living.....	39
6.4	Days out of role.....	40
7	Physical health profile	41
7.1	Physical morbidity.....	41
7.2	Cardiometabolic risk factors.....	42
7.3	Risk of cardiovascular disease.....	43
7.4	Body weight and physical activity.....	44
7.5	Nutrition.....	45
7.6	Monitoring physical health.....	45
8	Substance use	47
8.1	Tobacco use.....	47
8.2	Alcohol use.....	48
8.3	Use of cannabis and other illicit drugs.....	48
8.4	Consequences of substance use.....	50
9	General cognitive ability	51
9.1	Introduction.....	51
9.2	Assessment of general cognitive ability.....	51
9.3	General cognitive ability in people with psychosis.....	51
10	Income and employment	53
10.1	Income.....	53
10.2	Employment.....	54
11	Social roles	57
11.1	Marital status.....	57
11.2	Parenting.....	57
11.3	Care of others.....	58
11.4	Contact with family and friends.....	58
12	Housing and homelessness	59
12.1	Type of accommodation.....	59
12.2	Housing stability.....	60
12.3	Homelessness.....	60
12.4	Accommodation on discharge from hospital.....	61

13	Stigma, victimisation and community safety	63
13.1	Stigma and discrimination	63
13.2	Personal safety and victimisation.....	63
13.3	Community safety and time in prison	63
14	Health service utilisation.....	65
14.1	Health service use in the past year	65
14.2	Psychiatric hospital admissions.....	65
14.3	Involuntary admissions and community treatment orders	66
14.4	Psychiatric emergency presentations.....	66
14.5	Mental health outpatient clinics and community services.....	67
14.6	Early intervention psychosis programs	67
14.7	Rehabilitation programs	67
14.8	Case management by mental health services and Non-government organisations.....	68
14.9	Home visits by mental health service providers	68
14.10	Physical health services	68
14.11	Other services	69
14.11.1	Non-government organisations funded to provide mental health services.....	69
14.11.2	Drug and alcohol services and programs	69
14.11.3	Complementary/Alternative therapist services	69
14.11.4	Other community organisations.....	69
14.11.5	Internet	69
15	Medication use and psychosocial therapies.....	71
15.1	Medications for mental health problems.....	71
15.2	Supplements for mental health problems	71
15.3	Medications for physical conditions	71
15.4	Medication benefits	72
15.5	Medication side effects attributed to medication for mental health.....	73
15.6	Psychosocial therapies	74
16	Mental health service provision in the non-government sector.....	75
16.1	People solely in contact with non-government mental health services in the census month	75
16.1.1	One-month prevalence estimate	75
16.1.2	Key characteristics of those solely in contact with non-government organisations in the census month.....	76

16.2	People using non-government mental health services in the past year	78
16.2.1	Group-based rehabilitation programs	78
16.2.2	One-to-one support	79
16.2.3	Case management and home visits	79
16.2.4	Personal helpers and mentors services	80
17	Consultations with general practitioners	81
17.1	Utilisation of general practitioner services.....	81
17.2	General practitioner feedback on the health and care of participant-patients	81
17.2.1	Length of consultation and consistency of care.....	81
17.2.2	Reasons for visiting the general practitioner	82
17.2.3	Management of patients with psychosis by general practitioners.....	83
17.2.4	Challenges for patients with psychosis	84
18	Support, needs and satisfaction	85
18.1	Level of support and its helpfulness	85
18.2	Who helped with mental health matters	86
18.3	What helped the most.....	87
18.4	Unmet needs	88
18.5	Overall satisfaction	89
18.6	Challenges into the future	89
19	How things have changed since 1997-98.....	91
19.1	Comparison of the samples	91
19.2	Comparison of service and medication use	93
19.3	Comparison of other health and social outcomes.....	94
19.4	Determining changes in prevalence.....	95
20	Conclusions.....	97
20.1	Challenges for people with psychosis	97
20.2	Quantifying the challenges identified by people with psychosis	98
20.2.1	Impact of psychosis.....	98
20.2.2	Physical health	99
20.2.3	Income, employment and housing	99
20.2.4	Loneliness and social isolation	100
20.3	Other important findings	100
20.3.1	Educational profile.....	100
20.3.2	Parenting	101
20.3.3	Victimisation.....	101
20.4	Conclusion.....	101

21 Appendices.....	103
21.1 Notes	103
21.2 List of appendices.....	103
Appendix 1. Background, aims and methodology	104
Appendix 2. Prevalence estimates and explanatory notes	113
Appendix 3. Sociodemographic profile	115
Appendix 4. Mental health profile.....	116
Appendix 5. Suicidality	119
Appendix 6. Functioning and impairment	119
Appendix 7. Physical health profile	121
Appendix 8. Substance use	125
Appendix 9. Cognition.....	126
Appendix 10. Income and employment	127
Appendix 11. Social roles.....	130
Appendix 12. Housing and homelessness.....	132
Appendix 13. Stigma, victimisation and community safety.....	134
Appendix 14. Health service utilisation.....	135
Appendix 15. Medication use and psychosocial interventions.....	136
Appendix 16. Mental health service provision in the non-government sector	140
Appendix 17. Consultations in general medical practices	141
Appendix 18. Support, needs and satisfaction	143
Appendix 19. How things have changed since 1997-98.....	147
Appendix 20. Survey management and research teams.....	148
Appendix 21. Glossary	150
Appendix 22. References	155

LIST OF TABLES

Table 2-1.	Estimated national one-month treated prevalence of ICD-10 psychotic disorders in public specialised mental health services and number of people in contact with services	22
Table 2-2.	Estimated national 12 month treated prevalence of ICD-10 psychotic disorders in public specialised mental health services and number of people in contact with services	22
Table 3-1.	Key socioeconomic and demographic characteristics	26
Table 4-1.	Age at onset	30
Table 4-2.	Type of onset	31
Table 6-1.	Completion of routine chores in past 4 weeks	39
Table 6-2.	Days out of role and reasons in past 4 weeks.....	40
Table 7-1.	Metabolic syndrome and cardiometabolic measures	43
Table 7-2.	Absolute 5-year risk of cardiovascular disease	43
Table 8-1.	Type of illicit drug used in past year and over lifetime.....	49
Table 10-1.	Sources of income	53
Table 10-2.	Current net fortnightly income from all sources	53
Table 11-1.	Marital status by sex	57
Table 11-2.	Parental status by sex	57
Table 12-1.	Homelessness types currently and in past year	61
Table 14-1.	Community rehabilitation programs in past year by sector.....	67
Table 14-2.	Case management by sector if case managed in past year.....	68
Table 15-1.	Relief from symptoms for those currently taking medications for mental health problems.....	72
Table 16-1.	Key characteristics of people solely in contact with non-government organisations in the census month compared to those in contact with public specialised mental health services.....	77
Table 16-2.	Type of support provided by personal helper in past year	80
Table 17-1.	Usual length of consultation in general practice, minutes.....	81
Table 17-2.	Frequency of review of general practitioner mental health care plans	83
Table 17-3.	Difficulties identified by general practitioner in managing the participant-patient in the past year	83

Table 17-4. Participant-patient challenges in the past year identified by general practitioners.....	84
Table 18-1. Support in non-health related domains and its helpfulness	86
Table 18-2. Person spending the most time helping participants with mental health problems in the past year	87
Table 18-3. Participants' perceptions of who or what helped them most in the past year.....	88
Table 18-4. Reasons for not receiving a service for which there was a perceived need in those with an unmet need	88
Table 18-5. Challenges for the next 12 months.....	89
Table 19-1. Sex and age profile of respondents in census month, 1997-98 and 2010	91
Table 19-2. ICD-10 lifetime diagnosis, 1997-98 and 2010	92
Table 19-3. Course of disorder, 1997-98 and 2010.....	92
Table 19-4. Functioning and quality of life, 1997-98 and 2010	92
Table 19-5. Proportion of people using health services in past year, 1997-98 and 2010.....	93
Table 19-6. Medication use in past 4 weeks, 1997-98 and 2010	94
Table 19-7. Other key health and social outcomes, 1997-98 and 2010.....	95

LIST OF FIGURES

Figure 1-1. Conduct of the survey and reporting	17
Figure 1-2. Sector in which interviewed participants were identified.....	19
Figure 2-1. Estimated national one-month treated prevalence of ICD-10 psychotic disorders in public specialised mental health services by sex.....	23
Figure 2-2. Estimated number of people with ICD-10 psychotic disorders in contact with public specialised mental health services in one month by sex	23
Figure 3-1. Age at interview.....	25
Figure 4-1. ICD-10 lifetime diagnosis by sex.....	29
Figure 4-2. Age at onset by sex	30
Figure 4-3. Course of illness.....	32
Figure 4-4. Key symptoms of psychotic disorders over lifetime and in past four weeks	33
Figure 4-5. Other symptoms in the past year.....	33
Figure 5-1. Lifetime history of suicide attempt by sex and population comparison.....	35
Figure 6-1. Global supported performance for level of disability in past 4 weeks.....	38
Figure 6-2. Global independent functioning in past 4 weeks.....	38
Figure 6-3. Personal and Social Performance Scale in past year	39
Figure 7-1. Lifetime physical morbidity, and population comparison	42
Figure 7-2. Body mass index and population comparison	44
Figure 7-3. Level of physical activity in past week and population comparison	44
Figure 7-4. Physical health assessments	45
Figure 8-1. Current tobacco smoking, and population comparison	47
Figure 8-2. Lifetime alcohol abuse or dependence and population comparison.....	48
Figure 8-3. Lifetime cannabis and other drug abuse or dependence and population comparison.....	49
Figure 8-4. Frequency of cannabis use in the past year.....	49
Figure 10-1. Employment status in past week and past year.....	54
Figure 10-2. Type of employment, for those employed in past year	54
Figure 12-1. Current and preferred accommodation.....	59
Figure 12-2. Changes in housing in past year.....	60
Figure 12-3. Homelessness in past year by sex and age group.....	60
Figure 14-1. Service utilisation for mental health problems and physical conditions in past year	65
Figure 14-2. Psychiatric inpatient admissions in past year	66
Figure 14-3. Total weeks of psychiatric inpatient treatment, if any in past year.....	66

Figure 15-1. Current medication use	72
Figure 15-2. Side effects in past 4 weeks attributed to medication for mental health problems.....	73
Figure 15-3. Use of psychosocial therapies in past year by sex	74
Figure 15-4. Use of psychosocial therapies in past year by age group.....	74
Figure 16-1. Estimated national one month prevalence of ICD-10 psychotic disorders in people solely in contact with non-government organisations by sex	76
Figure 16-2. Estimated people with ICD-10 psychotic disorders solely in contact with non-government organisations in one month by sex	76
Figure 16-3. Non-government organisation group-based rehabilitation programs.....	78
Figure 16-4. Non-government organisation one-to-one support programs.....	79
Figure 17-1. Reasons for consultation with general practitioner	82
Figure 18-1. Global level of support (home, work, study)	85
Figure 20-1. Most important challenges for the coming year	97

LIST OF TABLES IN THE APPENDICES

Appendix Table 1-1. People who were screen positive for psychosis by sector	105
Appendix Table 1-2. Full interview sample by sector.....	107
Appendix Table 1-3. Catchment site population profiles	111
Appendix Table 3-1. Sex.....	115
Appendix Table 3-2. Age group at interview	115
Appendix Table 3-3. Country of birth and main language spoken	115
Appendix Table 3-4. Educational profile.....	115
Appendix Table 3-5. Coverage for health care costs.....	115
Appendix Table 4-1. ICD-10 lifetime diagnosis	116
Appendix Table 4-2. Age at onset	116
Appendix Table 4-3. Course of disorder	117
Appendix Table 4-4. Lifetime symptom profile	117
Appendix Table 4-5. Current symptom profile.....	117
Appendix Table 4-6. Anxiety in past year	118
Appendix Table 4-7. Negative symptoms in past year	118
Appendix Table 4-8. Obsessions and compulsions in past year	118
Appendix Table 5-1. Suicidality.....	119
Appendix Table 6-1. Premorbid functioning.....	119
Appendix Table 6-2. Level of impairment.....	119
Appendix Table 6-3. Global supported performance in past 4 weeks	120
Appendix Table 6-4. Global independent functioning in past 4 weeks	120
Appendix Table 6-5. Personal and Social Performance Scale in past year.....	121
Appendix Table 7-1. Self-reported physical ill health, as told by doctor in lifetime	122
Appendix Table 7-2. Metabolic syndrome and cardiometabolic risk factors assessed at time of interview	122
Appendix Table 7-3. Absolute 5-year cardiovascular disease risk	123
Appendix Table 7-4. Body Mass Index	123
Appendix Table 7-5. Level of physical activity in past 7 days	123
Appendix Table 7-6. Nutrition in past 4 weeks.....	123
Appendix Table 7-7. Physical health assessments in past year.....	124
Appendix Table 7-8. Different types of physical health assessments in past year	124
Appendix Table 8-1. Tobacco, alcohol and illicit drug use.....	125
Appendix Table 8-2. Outcomes related to alcohol and illicit drug use in past year.....	125

Appendix Table 8-3. Alcohol Use Disorder Identification Test.....	125
Appendix Table 8-4. Fagerstrom Test for Nicotine Dependence.....	126
Appendix Table 10-1. Current net fortnightly income, all sources.....	127
Appendix Table 10-2. Sources of income.....	127
Appendix Table 10-3. Employment type in main employment in past year.....	128
Appendix Table 10-4. Occupation in main employment in past year.....	128
Appendix Table 10-5. Hours per week in main employment in past year.....	129
Appendix Table 10-6. Satisfaction with hours per week in main employment in past year.....	129
Appendix Table 10-7. Disclosure of mental illness to employer in past year.....	129
Appendix Table 10-8. Actively sought employment in past year.....	129
Appendix Table 11-1. Marital status.....	130
Appendix Table 11-2. Parenting.....	130
Appendix Table 11-3. Caring for others.....	130
Appendix Table 11-4. Contact with others and formal social activities.....	131
Appendix Table 11-5. Deterioration in interpersonal relationships in past year.....	131
Appendix Table 12-1. Current accommodation type.....	132
Appendix Table 12-2. Preferred accommodation type.....	132
Appendix Table 12-3. Satisfaction with current living situation.....	132
Appendix Table 12-4. Changed housing in past year.....	133
Appendix Table 12-5. Number of times changed housing in past year.....	133
Appendix Table 12-6. Homelessness, current and in past year.....	133
Appendix Table 12-7. Days of homelessness, if any in past year.....	133
Appendix Table 13-1. Stigma and discrimination in past year.....	134
Appendix Table 13-2. Personal safety and victimisation in past year.....	134
Appendix Table 13-3. Offending in past year.....	134
Appendix Table 14-1. Health service utilisation.....	135
Appendix Table 14-2. Community treatment order in past year.....	135
Appendix Table 14-3. Case management in past year.....	135
Appendix Table 14-4. Home visits in past year.....	136
Appendix Table 15-1. Prescribed medication used in past 4 weeks.....	137
Appendix Table 15-2. Impairments due to medication prescribed for mental health in past 4 weeks.....	137
Appendix Table 15-3. Side effects attributed to medication prescribed for mental health in past 4 weeks.....	138

Appendix Table 15-4. Weight gain in past 6 months related to use of medication for mental health.....	139
Appendix Table 15-5. Relief from mental health symptoms due to medication use.....	139
Appendix Table 15-6. Psychosocial interventions in past year.....	139
Appendix Table 16-1. Estimated national one-month prevalence of ICD-10 psychotic disorders in people solely in contact with non-government organisations.....	140
Appendix Table 17-1. Visits to general practitioner in past year.....	141
Appendix Table 17-2. General practitioner subsample: Visits to general practitioner by participant-patients in past year.....	141
Appendix Table 17-3. General practitioner subsample: Reasons for consultation with general practitioner in past year.....	142
Appendix Table 17-4. General practitioner subsample: Management of specified physical conditions by general practitioner in past year.....	142
Appendix Table 17-5. General practitioner subsample: General practitioner mental health care plan in past year.....	143
Appendix Table 18-1. Global support received in past 4 weeks.....	143
Appendix Table 18-2. Carer or personal support worker in past year.....	144
Appendix Table 18-3. Importance of religion/spirituality in past year.....	144
Appendix Table 18-4. Satisfaction with own independence in past 4 weeks.....	144
Appendix Table 18-5. Lack of control over life events in past 4 weeks.....	145
Appendix Table 18-6. Feelings about life as a whole, reflecting back on past year.....	145
Appendix Table 18-7. Change in circumstances in next 12 months.....	145
Appendix Table 18-8. Challenges for the next 12 months.....	146
Appendix Table 20-1. Technical Advisory Group membership.....	148
Appendix Table 20-2. Catchment site research teams.....	149