

SPECIAL ARTICLE:

Psychiatry Registry of Pakistan: The First National Registry on Psychiatric Disorders in Pakistan - Concept Note

Marium Soomro¹, Zakiuddin Ahmed², Syed Shahid Noor³

¹Health Research Advisory Board, Karachi, Pakistan.

²Riphah Institute of Healthcare Improvement & Safety (RIHIS), Riphah International University (RIU), Islamabad, Pakistan.

³Department of Orthopaedic Surgery, Liaquat National Hospital & Medical College, Karachi, Pakistan.

CORRESPONDENCE: MARIUM SOOMRO

E-mail: mariumhabib25@gmail.com

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BACKGROUND

Over the past few decades, mental health issues in Pakistan have reached to alarming levels. According to the World Health Organization (WHO), mental disorders accounts for over 4% of the total disease burden in Pakistan with women having a higher burden than men. It is estimated that approximately 30 million people need psychiatric care in Pakistan.¹

Disease registry is a comprehensive tool designed to monitor and track the clinical care outcomes of a specific patient population.²

Psychiatric registry plays a crucial role in understanding the current care processes, identifying strengths and weaknesses within the mental health systems, and identifying areas of improvement to enhance patient care.³ To date, there has been no national registry on psychiatric disorders in Pakistan.⁴

Psychiatry Registry of Pakistan (PsyRoP) is a clinical quality registry established by Health Research Advisory Board (HealthRAB)⁵ and Pakistan Psychiatric Society (PPS)⁶ under the leadership of Meritorious Prof. Dr. Iqbal Afridi, DNP (Distinguished National Professor HEC), Jinnah Sindh Medical University) as the Director of the Registry. Starting with Schizophrenia as the first of series of registries covering common psychiatric disorders.

OBJECTIVES

The objectives of PsyRoP are:

- To establish a centralized database to collect data on mental health disorders, treatments and other outcomes.
- To monitor trends in metal health disorders to identify areas requiring targeted interventions and resource allocation.

- To strengthen collaboration between mental healthcare professionals and institutions for quality improvement initiatives and research.
- To facilitate the development of clinical guidelines and best practices for mental healthcare in Pakistan.
- To establish a platform for policymakers and researchers to access reliable mental health data for evidence-based decision making.

PsyRoP will be initiated with a focus on Schizophrenia, and subsequently other mental health conditions will be added to this registry.

EXPECTED OUTCOMES

The establishment of PsyRoP will achieve a significant milestone in improving mental health care in Pakistan. By collecting, synthesizing, and analysing data on psychiatric disorders, treatment and their outcomes, this registry will facilitate the evidence-based decision making, promote quality improvement initiatives, and ultimately enhance the wellbeing of individuals living with mental health conditions in Pakistan.

PROJECT FUNDING

PsyRoP is supported by HealthRAB through an unrestricted research grant from Getz Pharma (PVT) Limited.

For Budget Overview please see Table.

Table

Donor and Budget Overview

Donor	HealthRAB through an unrestricted research grant by Getz Pharma (PVT) Limited.	
Currency	Pakistani Rupees (PKR)	
S. No	Budget Line Description	Cost PKR
1	Software development and server cost	400,000
2	Training and execution (man hours)	300,000
	Total Cost	700,000

DECLARATION OF INTEREST

A PsyRoP Steering Committee has been created which consists of members from HealthRAB and PPS. All decision-making pertaining to PsyRoP is undertaken by this committee to ensure that the funding from Getz Pharma has no influence on the registry's operations or outcome.

FUNDING

PsyRoP is supported by HealthRAB through an unrestricted research grant from Getz Pharma.

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AUTHOR(S) CONTRIBUTION

S.No	Author (s) Name	Author (s) Affiliation	Contribution
1	Dr. Marium Soomro	Health Research Advisory Board	Conceptualizing and write up of the manuscript
2	Prof. Dr. Zakiuddin Ahmed	Riphah Institute of Healthcare Improvement & Safety (RIHIS), Riphah International University (RIU)	Write up and review of the manuscript
3	Prof. Dr. Syed Shahid Noor	Liaquat National Hospital (LNH)	Review of the manuscript