10% of the population suffers from one or more mental disorders

6.9% suffer from mild to moderate Depression

2.9% suffer from Somatoform Disorder

2.4% suffer from Major Depression

2.9% suffer from Post-Traumatic Stress Disorder

1.9% suffer from Anxiety

The survey was divided into 3 parts; community and school based surveys, and a survey of attitudes of professionals and the public on mental health in Sri Lanka. The survey was planned to cover all 25 districts, however due to the civil war, it was not possible to cover the northern and eastern provinces.

Community survey included a total of 6120 participants (aged 16 to 65 years).

A total of 3777 children were recruited for the school survey from each district.

The mental health literacy and attitudes survey part was conducted to capture attitudes of different categories of professionals and public’s attitudes on mental illnesses.

A report has been submitted to the Ministry of Health with conclusions and recommendations.