SPECIAL ARTICLE:
Psychiatry Registry of Pakistan: The First National Registry on Psychiatric Disorders in Pakistan
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Over the past few decades, mental health issues in Pakistan have reached alarming levels. According to the World Health Organization (WHO), mental disorders account 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) and Pakistan Psychiatric Society (PPS). PsyRoP is supported by an unrestricted research grant by Getz Pharma.

The objectives of PsyRoP are to

- Establish a centralized database to collect data on mental health disorders, treatments and other outcomes.
- Monitor trends in mental health disorders to identify areas requiring targeted interventions and resource allocation.
- Strengthen collaboration between mental healthcare professionals and institutions for quality improvement initiatives and research.
- Facilitate the development of clinical guidelines and best practices for mental healthcare in Pakistan.
- 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.

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

REFERENCES