

Impacts of mental health care on total health care expenditure of patients having chronic physical conditions

AUTHORS: Linh Bui*, Janho Yoon

TOPIC/TARGET AUDIENCE: Mental health and Physical chronic conditions

ABSTRACT: Purpose: This research aims to examine changes in total health care expenditure of adults having chronic physical conditions associated with receiving mental health services. Method: Two-part models were used to model total health care expenditure of 41,110 adults diagnosed with any of six chronic physical conditions (cardiovascular disease, cancer, diabetes, emphysema, asthma and arthritis) and followed in two years from Medical Expenditure Panel Survey between 2004 and 2014. Marginal effects estimated changes in total health care expenditure in subsequent year associated with receiving mental health services in previous year. Results: Compared to patients who had not receive any MH care in previous year, average health care expenditure in subsequent year of those who had used MH services in previous year was lower by 9.7% or \$978 ($p < 0.001$). Impact of MH care was more significant in patients with coexisting mental illnesses. Receiving MH care was associated with a reduction in total health care expenditure of patients having coexisting mental illnesses by 30.3% or \$3,522 ($p < 0.001$). Conclusion: Receiving MH services helps reduce total health care expenditure of patients having chronic physical conditions. Treatment and rehabilitation could be more cost-effective if accompanying psychological support or psychiatric treatment for these patients.

OBJECTIVE(S): Examine changes in total health care expenditure of adults having chronic physical conditions associated with receiving mental health services.

PRIMARY CONTACT INFORMATION:

Linh Bui, MPH
PhD student
Oregon State University
5419086466 | buil@oregonstate.edu

CO-PRESENTER(S):

Jangho Yoon | Jangho.Yoon@oregonstate.edu