



Sagsnr. 05-0801-219

## **Bilag til undersøgelse af raskmelding for psykiske lidelser i sundhedsvæsenet i andre lande**

### **Bilag 1: Spørgsmål udsendt til myndigheder vedr. raskmelding for psykiske lidelser i Sundhedsvæsenet**

To whom it may concern

The purpose of this email is to get an insight into other countries' experiences with documentation of **clinical remission from psychiatric disorders**. Therefore, we have formulated the questions below that we would highly appreciate your experiences and input on no later than **8<sup>th</sup> of November 2019**.

The background for the inquiry is that in November 2018, a member of the Danish parliament put forward a motion to the Danish Minister of Health in which it was proposed that people with psychiatric disorders should be able to obtain documentation for clinical remission from their psychiatric disorder, e.g. documented in their clinical journals. The motion was put forward in order to solve problems with people with psychiatric disorders being exposed to structural discrimination through legislations, guidelines etc. Examples could be restrictions for people with current or former psychiatric disorder(s) regarding driver's license, adoption or admission requirements to different educations or jobs.

As a result of the debate and political decisions following this motion, the Danish Health Authority was asked to investigate whether other countries have an official procedure regarding reported/documented clinical recovery (complete remission) from psychiatric disorders. Therefore, we would kindly ask you to answer the following questions:

1. Are people with psychiatric disorders able to obtain documentation for clinical remission from their psychiatric disorders in your country? Does your country e.g. have a procedure for reporting clinical remission for psychiatric disorder(s) in medical journals or other official documents so that people with a psychiatric disorder can obtain documented proof that they have recovered from their disorder?
  - a. If not, has there been a debate in your country about the possibility for people with psychiatric disorders to be able to obtain documentation for clinical remission from their psychiatric disorder(s) in order to fight structural discrimination (e.g. in legislations or guidelines) against people with psychiatric disorders?

- i. If so, please elaborate on who was engaged in this debate (governmental level, authorities, user organizations etc.).
2. Do you have examples of structural discrimination of people with mental illnesses in legislation, instructions, recommendations or guidelines? E.g. restrictions for people with current or former psychiatric disorder(s) regarding e.g. driver's license, adoption or admission requirements to different educations/jobs.

In Denmark, we perceive this structural discrimination partly as a result of stigmatization of psychiatric disorders and lack of awareness about prognosis and recovery for people with psychiatric disorders. Therefore, we argue that anti-stigmatization campaigns and increased awareness can ease this structural discrimination. We would therefore like to know how you work with anti-stigmatization on a national level:

3. How is your country on a national level working with anti-stigmatization in relation to (clinical) recovery from psychiatric disorders?

If you have any questions regarding the questions do not hesitate to ask, as we are more than happy to elaborate.

Kind regards,  
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**SUNDHEDSSTYRELSEN**

## **Bilag 2: Spørgeskema sendt til medlemmer af The Global Anti-Stigma Alliance (GASA)**

Link til spørgeskema: [https://www.surveymonkey.com/r/Preview/?sm=ixrLz0h64iA4N\\_2BiVD\\_2BRV-tOl\\_2BoHgBXvm3yP9iVag8l\\_2BLFbmth\\_2BHAAEHohGbJtgPhD](https://www.surveymonkey.com/r/Preview/?sm=ixrLz0h64iA4N_2BiVD_2BRV-tOl_2BoHgBXvm3yP9iVag8l_2BLFbmth_2BHAAEHohGbJtgPhD)