
Table 1 Barriers to the delivery of mental health care in the primary care setting in Lebanon

Government-related factors

- Absence of mental health care on the MoPH agenda.
- No sharing of a common vision among MoPH, WHO and mental health professionals.
- What WHO has “on paper” is different from what is happening “on the ground”.
- Conflicts of interest among mental health professionals and PCPs hinders action.
- Lack of training of PCPs to identify and treat mental disorders.
- Lack of expert input by psychiatrists into the organization of mental health care on the public health level.
- No funding to train PCPs.
- Time constraints limit the curriculum in mental health care in medical and nursing schools.

Patient-related factors

- Patients lack the necessary knowledge to understand that their symptoms are psychiatric.
- Patients fear to seek treatment because of stigma.

Physician-related factors

- Stigma is rampant and physicians hold negative attitudes towards patients with mental disorders.
 - Lack of knowledge to treat complicated psychiatric disorders such as psychotic disorders and bipolar disorder.
 - Lack of adequate time to treat mental health disorders and offer therapy in the primary care setting.
 - Lack of financial compensation for the amount of time spent with patients with psychiatric disorders.
 - Lack of identification of mental disorders in patients presenting with somatic complaints.
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