



Migratory Trends of Psychiatric Residents in Albania - EFPT Brain Drain Project

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Abstract:

Aims: Assessing the migration profile and migratory trends of psychiatry trainees in Albania as part of EFPT Brain Drain study in Europe and comparing it to other countries.

Method: Data collection was accomplished by an anonymous online survey and hard-copy questionnaire in University Hospital Center "Mother Teresa", to all psychiatric residents in Psychiatric Clinic in Tirana, during May-October 2013. Meanwhile this semi-structured questionnaire was circulated in 32 others European countries and was completed by 2281 psychiatric trainees between 2013 and 2014. Data has been analysed using the Software Package for Social Sciences for Windows v. 22.0 (SPSS Inc. Chicago, IL).

Results and discussions: More than 2/3 of Albanian respondents are very dissatisfied with their income but the main reasons for leaving the country are personal and family composition. A minority did have a short term or long-term experience abroad respectively 8,3% and 16.7% during which 50% of them considered to have the same opportunities as the locals. It resulted that 15% of all psychiatry trainees across Europe were immigrants. The countries with highest number of immigrants were UK, Switzerland, Germany and Sweden. Approximately one in twenty trainees across Europe had the perception of feeling discriminated or not having the same opportunities as the native trainees, especially concerning the work opportunities (55%) and academic conditions (45%), social conditions (42%). Around 60% of psychiatry trainees showed a high migratory tendency.

Conclusions: Losing large numbers of skilled psychiatrists contributes to decrease of the quality of mental health services. Albania needs to establish policies to promote returnees. Further research on feeling discriminated by immigrants workforce is necessary.

Keywords:

Migration, Brain Drain, Psychiatry Residents, Albania