

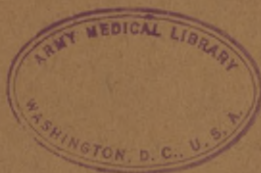
## MENTAL HOSPITAL PATIENTS IN NEW JERSEY

A STATISTICAL SUMMARY OF RECENT TRENDS

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INTRODUCTION

CURATIVE AIMS OF MENTAL HOSPITALS. The sustained aims of those administering the mental hospitals in New Jersey have been to maintain them as places of active treatment - medical, surgical, psychiatric - with all the allied physical and occupational therapies that modern science has devised.

It has been the consistent policy of the New Jersey State Department of Institutions and Agencies supervising the State mental hospitals to give the medical officers complete freedom, within the range of financial limitations, to determine and carry out policies of treatment and care. Consequently, the three State mental hospitals have come to place varying emphasis upon therapeutic procedures in their medical and surgical services, dietetic oversight, activity and recreational programs, social service supervision and the like.

Thus the mental hospitals have over a period of years served as social and scientific laboratories in the testing and utilization of theories and procedures that have from time to time won the support of reputable medical men who had the responsibility for the formulation and conduct of a program that would help their patients to recover from their mental difficulties.

THE MENTAL HOSPITAL IN THE MENTAL HYGIENE PROGRAM. Authoritative statistical data will be presented here to show that the results of the curative work of the State mental hospitals are definitely encouraging. The task immediately ahead is:

1. To continue our efforts to transform existing mental hospitals into modern treatment and curative institutions. This means the provision of adequate treatment facilities and a trained medical staff with consultants to carry on intensive treatment work, using the approved methods of treatment applicable to these patients.
2. To extend psychiatric social service or follow-up field work, so as to enable mental hospitals to parole early under proper conditions and safeguard a greater number of patients who can be satisfactorily adjusted in the community.
3. To extend the system of mental hygiene clinics based on the mental hospitals to serve the communities in the diagnosis of mental and nervous disorders, and to reach potential sufferers from nervous or mental disorders before the definite breakdown occurs.

There apparently is a long road ahead in society's efforts to conquer the problem of mental illness but research that is in progress and the new techniques which have passed from the stage of research to that of active use provide assurance that we can look forward to a day when further new discoveries will enable physicians and psychiatrists to achieve results as yet beyond our capacities.



**1. RELATIVE NUMBER OF PATIENTS IN STATE  
AND COUNTY MENTAL HOSPITALS IN NEW JERSEY**

AT END OF FISCAL YEAR	RESIDENT PATIENT POPULATION			PER CENT	
	TOTAL	STATE HOSPITALS*	COUNTY HOSPITALS**	STATE HOSPITALS	COUNTY HOSPITALS
1930	11,054	6,473	4,581	58.6%	41.4%
1935	14,468	9,287	5,181	64.2	35.8
1940	16,469	10,723	5,746	65.1	34.9
1945	17,375	11,536	5,839	66.4	33.6
1948	18,048	12,032	6,016	66.7	33.3

\*Greystone Park, Marlboro and Trenton

\*\*Atlantic, Burlington, Camden, Cumberland, Essex and Hudson

**2. SEX DISTRIBUTION OF FIRST ADMISSIONS TO STATE  
AND COUNTY MENTAL HOSPITALS IN NEW JERSEY**

FISCAL YEAR	TOTAL NUMBER	NUMBER		PER CENT	
		MALE	FEMALE	MALE	FEMALE
1930	2722	1512	1210	55.5%	44.5%
1935	3001	1674	1327	55.8	44.2
1940	3271	1768	1503	54.1	45.9
1945	3483	1570	1913	45.1	54.9
1948	4304	2130	2174	49.5	50.5

**3. FIRST ADMISSIONS TO STATE AND COUNTY MENTAL HOSPITALS - IN NEW JERSEY  
BY PATIENTS WITH AND WITHOUT MENTAL DISORDER**

FISCAL YEAR	TOTAL NUMBER OF FIRST ADMISSIONS	NUMBER		PER CENT	
		WITH MENTAL DISORDER	WITHOUT MENTAL DISORDER	WITH MENTAL DISORDER	WITHOUT MENTAL DISORDER
1930	2722	2589	133	95.1%	4.9%
1935	3001	2771	230	92.3	7.7
1940	3271	3061	210	93.6	6.4
1945	3483	3250	233	93.3	6.7
1948	4304	3884	420	90.2	9.8



**4. AGE DISTRIBUTION OF FIRST ADMISSIONS TO  
STATE AND COUNTY MENTAL HOSPITALS IN NEW JERSEY**

FISCAL YEAR	TOTAL	UNDER 45 YEARS	45-64 YEARS	65 YEARS AND OVER
		<i>N U M B E R</i>		
1930	2722	1452	787	483
1935	3001	1458	903	640
1940	3271	1567	880	824
1945	3483	1410	971	1102
1948	4304	1800	1150	1354
		<i>P E R C E N T</i>		
1930	100.0%	53.3%	28.9%	17.8%
1935	100.0	48.6	30.1	21.3
1940	100.0	47.9	26.9	25.2
1945	100.0	40.5	27.9	31.6
1948	100.0	41.8	26.7	31.5

**5. LENGTH OF STAY OF PATIENTS LEAVING  
STATE MENTAL HOSPITALS IN NEW JERSEY**

LENGTH OF STAY BEFORE LEAVING HOSPITAL	P E R C E N T	
	FIRST ADMISSIONS	READMISSIONS
Less than 6 months	74.2%	67.7%
Between 6 and 11 months	13.1	15.4
Over 12 months	12.7	16.9
Total	100.0%	100.0%



6. CONDITION ON DISCHARGE OF PATIENTS FROM  
STATE MENTAL HOSPITALS IN NEW JERSEY

FISCAL YEAR	PER CENT OF THOSE DISCHARGED AS	
	RECOVERED AND IMPROVED	UNIMPROVED
1930	87.0%	13.0%
1935	92.3	7.7
1940	92.4	7.6
1945	93.1	6.9
1948	95.2	4.8

7. DISCHARGE RATES OF STATE MENTAL HOSPITAL  
PATIENTS IN SELECTED PSYCHOSES

Three Year Period 1946-1948

PSYCHOSIS	TOTAL ADMISSIONS	TOTAL DISCHARGES	RATE OF DISCHARGE PER 100 ADMISSIONS
<i>M A L E S</i>			
Dementia praecox	937	614	65.5
Manic depressive	378	349	92.3
Paranoia and paranoid conditions	69	62	89.9
Involuntional melancholia	150	111	74.0
Psychoneuroses & neuroses	267	229	85.8
<i>F E M A L E S</i>			
Dementia praecox	1440	834	59.4
Manic depressive	856	734	85.7
Paranoia and paranoid conditions	80	67	83.8
Involuntional melancholia	586	423	72.2
Psychoneuroses & neuroses	277	245	88.4



**8. CLINICAL DIAGNOSIS OF FIRST ADMISSIONS TO  
STATE AND COUNTY MENTAL HOSPITALS IN NEW JERSEY**

Three Year Period 1946 - 1948

DIAGNOSIS	NUMBER		PER CENT	
	MALE	FEMALE	MALE	FEMALE
<b>With Psychosis</b>	<b>4815</b>	<b>5906</b>	<b>100.0%</b>	<b>100.0%</b>
Dementia praecox	773	1240	16.1	21.0
Manic depressive	283	720	5.9	12.2
Paranoia & paranoid conditions	63	82	1.3	1.4
Involitional melancholia	132	490	2.7	8.3
Psychoneuroses & neuroses	217	235	4.5	4.0
With psychopathic personality	113	68	2.4	1.2
With cerebral arteriosclerosis	1194	1275	24.8	21.5
Senile	676	1013	14.0	17.2
General paresis	278	109	5.8	1.8
With cerebral syphilis	87	37	1.8	0.6
Alcoholic	492	104	10.2	1.8
Other diseases with psychosis	507	533	10.5	9.0
<b>Without Psychosis</b>	<b>808</b>	<b>279</b>	<b>100.0%</b>	<b>100.0%</b>
Alcoholism	436	92	54.0	33.0
Psychopathic personality	94	49	11.6	17.6
Mental deficiency	54	29	6.7	10.4
Others	224	109	27.7	39.0



**9. COUNTY ORIGIN OF PATIENTS IN STATE AND  
COUNTY MENTAL HOSPITALS IN NEW JERSEY**

COUNTY	GENERAL POPULATION (1948 ESTIMATE)	RESIDENT MENTAL HOSPITAL PATIENTS (June 1948)	FIRST ADMISSIONS (Three Year period 1946 - 1948)
Total	4,453,100	18,048	11,808
Essex	879,600	4,782	3,064
Hudson	692,100	2,805	1,433
Bergen	459,100	1,223	718
Union	375,000	1,171	714
Passaic	319,800	1,371	691
Camden	276,100	1,007	764
Middlesex	241,800	942	641
Mercer	200,000	834	604
Monmouth	188,400	763	740
Morris	134,900	540	531
Atlantic	116,200	479	396
Burlington	95,300	398	261
Cumberland	81,100	324	208
Gloucester	79,700	254	209
Somerset	71,700	253	172
Warren	52,100	194	121
Salem	45,000	148	123
Ocean	39,200	158	141
Cape May	36,100	110	94
Hunterdon	36,100	168	107
Sussex	33,800	108	70
Out of State		16	6

