

Freedom of Information Request

Reference Number: [EPUT.FOI.22.2717](#)
Date Received: [14th November 2022](#)

Information Requested:

1. The average time taken for an individual being referred to IAPT, to completion of their course of treatment, whose pathway was "Guided Self Help (Book)", during the financial year, 21/22.
[119 days](#)
 2. The average time taken for an individual being referred to IAPT, to completion of their course of treatment, whose pathway was "Cognitive behaviour therapy (CBT)", during the financial year, 21/22. .
[188 days](#)
 3. The average time taken for an individual being referred to IAPT, to completion of their 4th appointment, whose pathway was "Cognitive behaviour therapy (CBT)", during the financial year, 21/22. .
[122 days](#)
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Publication Scheme:

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link
<https://eput.nhs.uk>