

Freedom of Information Request

Reference Number: [EPUT.FOI.23.2872](#)
Date Received: 14 March 2023

Information Requested:

Please see my questions below:

I am submitting an FOI request, requesting data on the NHS Talking Therapies for Anxiety and Depression Programme (previously IAPT) provided by your trust for the year 2021-22.

Please see my questions below:

1. How many referrals did the trust receive for the above programme and timeframe?
[23,926](#)
2. How many of those were self-referrals, GP referrals or other? Please list raw number for each type of referral.
[Self: 14,943](#)
[GP: 3,842](#)
[Other: 5,141](#)
3. How many of those total referrals started treatment?
[17,578](#)
4. How many of those total referrals ended treatment before completed course?
[8,048](#)
5. How many of those total referrals finished a completed course of treatment?
[9,530](#)
6. What types of therapy are offered by the trust via the programme? Please list

Step 2

- [Guided Self Help](#)
- [CBT](#)
- [Talk Type CBT](#)

Step 3

- [Talk Type CBT](#)
 - [CfD \(Counselling for Depression\)](#)
 - [CBT \(Cognitive Behavioural Therapy\)](#)
 - [DIT \(Dynamic Interpersonal Therapy\)](#)
 - [IPT \(Interpersonal Therapy\)](#)
 - [EMDR \(Eye Movement Desensitisation Reprocessing\)](#)
 - [Couples for Depression](#)
 - [Psychosexual](#)
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7. How many referrals were offered each type of therapy, specifically?

The Trust is unable to provide the information broken down in the way requested as it would require a manual trawl and exceed the time and costs limits as set out in the Act. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

8. How many referrals started each type of therapy?

The Trust is unable to provide the information broken down in the way requested as it would require a manual trawl and exceed the time and costs limits as set out in the Act. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

9. How many referrals ended each type of therapy before completing course of treatment?

The Trust is unable to provide the information broken down in the way requested as it would require a manual trawl and exceed the time and costs limits as set out in the Act. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

10. How many referrals finished completed course of treatment?

The Trust is unable to provide the information broken down in the way requested as it would require a manual trawl and exceed the time and costs limits as set out in the Act. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

11. How long in minutes are one-to-one treatment sessions in person?

Step 2: 30 Minutes

Step 3: 50 Minutes

12. How long in minutes are one-to-one treatment sessions online?

Step 2: 30 Minutes

Step 3: 50 Minutes

13. If there are sessions of different lengths, please list them all and how many referrals were offered each session length?

The Trust is unable to provide this information as patients can change between pathway type of Step2/3. To collate this information would require a manual trawl and exceed the time and costs limits as set out in the Act. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

14. How many referrals started 30-minute or course of the shortest-length treatment sessions offered?

The Trust is unable to provide this information as patients can change between pathway type of Step2/3. To collate this information would require a manual trawl and exceed the time and costs limits as set out in the Act. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

15. How many referrals ended those sessions before completing the course of treatment?

How many referrals finished complete course of those sessions?

The Trust is unable to provide this information as patients can change between pathway type of Step2/3. To collate this information would require a manual trawl and exceed the time and costs limits as set out in the Act. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

16. How many referrals started the longest-length treatment sessions offered? (45 minutes and above)

The Trust is unable to provide this information as patients can change between pathway type of Step2/3. To collate this information would require a manual trawl and exceed the time and costs limits as set out in the Act. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

17. How many referrals ended those sessions before completing the course of treatment?

The Trust is unable to provide this information as patients can change between pathway type of Step2/3. To collate this information would require a manual trawl and exceed the time and costs limits as set out in the Act. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

18. How many referrals finished complete course of those sessions?

The Trust is unable to provide this information as patients can change between pathway type of Step2/3. To collate this information would require a manual trawl and exceed the time and costs limits as set out in the Act. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

19. How many sessions are offered to referrals?

The Trust is unable to provide this information as patients can change between pathway type of Step2/3. To collate this information would require a manual trawl and exceed the time and costs limits as set out in the Act. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

20. If there are different numbers of sessions offered as a baseline, please list them all and how many were offered each number as a baseline?

N/A

21. How many referrals offered the shortest number of sessions finished treatment?

N/A

22. How many referrals offered the largest number of sessions finished treatment?

N/A

23. How many referrals offered the mean (average) number of sessions finished treatment?

N/A

Applied Exemption:

Section 12 (Exemption where cost of compliance exceeds appropriate limit):

- (1) Section 1(1) does not oblige a public authority to comply with a request for information if the authority estimates that the cost of complying with the request would exceed the appropriate limit.
- (2) Subsection (1) does not exempt the public authority from its obligation to comply with paragraph (a) of section 1(1) unless the estimated cost of complying with that paragraph alone would exceed the appropriate limit.
- (3) In subsections (1) and (2) “the appropriate limit” means such amount as may be prescribed, and different amounts may be prescribed in relation to different cases.
- (4) The Secretary of State may by regulations provide that, in such circumstances as may be prescribed, where two or more requests for information are made to a public authority—
 - (a) by one person, or
 - (b) by different persons who appear to the public authority to be acting in concert or in pursuance of a campaign, the estimated cost of complying with any of the requests is to be taken to be the estimated total cost of complying with all of them.
- (5) The Secretary of State may by regulations make provision for the purposes of this section as to the costs to be estimated and as to the manner in which they are to be estimated

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>