

### Freedom of Information Request

**Reference Number:** EPUT.FOI.22.2558  
**Date Received:** 01.07.2022

**Information Requested:**

I would be grateful if you could provide me with information on the following.  
For clarity, this request is relation to psychological therapies provided for patients who experience severe mental illness (SMI), also known as severe mental health problems (SMHP).

Low intensity interventions such as those delivered by the Adult Improving Access to Psychological Therapies (IAPT) for mild or moderate anxiety and depression are not the subject of this request. However, specialist talking therapies delivered by IAPT for people with SMI should be included.

1. For each of the dates below, the number of people with SMI in your Trust area on a waiting list for psychological therapies and the average wait in days?

The Trust is unable to provide all of the information requested as this would exceed the time and cost limits, as set out in the Act. While we can identify the Severe Mental Illness service user cohort, we are unable to determine who would be on the waiting lists for the specified time periods without a manual trawl of looking at each of the Severe Mental Illness patient records. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

	At 31 March 2019	At 31 March 2020	At 31 March 2021	At 31 March 2022
The number of people with SMI on the waiting list for psychological therapies within your Trust area				
	2018/19	2019/20	2020/21	2021/22
The average wait in days that a person with SMI has to wait before starting psychological therapies within your Trust area				

2. The number of people with SMI in your Trust area who received psychological therapies from the following services in each of the financial years below?

The Trust is unable to provide all of the information requested as this would exceed the time and cost limits, as set out in the Act. While we can identify the Severe Mental Illness service user cohort, we are unable to determine who would be on the waiting lists for the specified time periods without a manual trawl of looking at each of the Severe Mental Illness patient records. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

	2018/19	2019/20	2020/21	2021/22
Primary mental health services, e.g., IAPT				
Secondary community mental health services (excluding learning disabilities)				

3. Does the Trust provide the following therapies for people with SMI? If these services are provided in some of the locations you cover, please answer yes.

Type of psychological therapy	Yes/No
Cognitive behavioural therapy	YES
Cognitive behavioural therapy – ED (eating disorder)	YES
MANTRA	YES
Cognitive behavioural therapy – psychosis	YES
Cognitive behavioural therapy – personality disorder	YES
Cognitive behavioural therapy – bipolar disorder	NO
Cognitive analytical therapy	YES
Psychodynamic therapy	YES
Interpersonal psychotherapy	YES
Interpersonal group therapy	NO
Social rhythm therapy	NO
Schema focussed therapy	YES
Mentalisation-based therapy	YES
Behavioural couple’s therapy	NO
Family intervention	YES
Art therapy	YES
Eye movement desensitisation and reprocessing therapy	YES
Other types of psychotherapy (please specify) Acceptance & Commitment Therapy; Sensorimotor Psychotherapy; STEPPS; Dialectic Behavioural Therapy; Structured Clinical Management; Compassion-Focused Therapy	YES

4. How many people with SMI received the following therapies in your Trust area, in each of the financial years below?

Type of psychological therapy	2018/19	2019/20	2020/21	2021/22
Cognitive behavioural therapy				
Cognitive behavioural therapy – ED (eating disorder)				
MANTRA				
Cognitive behavioural therapy – psychosis				
Cognitive behavioural therapy – personality disorder				
Cognitive behavioural therapy – bipolar disorder				
Cognitive analytical therapy				
Psychodynamic therapy				
Interpersonal psychotherapy				
Interpersonal group therapy				
Social rhythm therapy				

Schema focussed therapy				
Mentalisation-based therapy				
Behavioural couple's therapy				
Family intervention				
Art therapy				
Eye movement desensitisation and reprocessing therapy				
Other types of psychotherapy (please specify)				

The Trust is unable to provide all of the information requested as this would exceed the time and cost limits, as set out in the Act. Regarding the specified therapies, this information is largely held within the body of the patient notes and would need a manual trawl from a clinician to review these notes to determine which type of therapy was delivered. There would be a large number of records that need to be individually reviewed over the 4 year reporting period. The Trust is therefore applying Section 12 of the Act (where cost of compliance exceeds appropriate limit).

**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

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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>