

**Information Governance**

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25 March 2021

**Our reference: FOI DA3713**

I am responding to your request for information received 19 February 2021. I am sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,



Keshia Harvey  
Information Governance Manager

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Tel: 0303 123 1113  
Web: [www.ico.org.uk](http://www.ico.org.uk)

**Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention**

Chair: Mark Lam

Chief Executive: Paul Calaminus

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*We are inclusive*

## Request:

To whom it may concern, Data Request under the Freedom of Information Act (2001) The prevalence of Gaming Disorder (i.e., video game addiction) in the UK is unknown at this point and as it becomes a public issue, there is growing but limited information to support treatment interventions Gaming Disorder. Despite this, there appears to be a clinical need for those exhibiting such a behaviour. As British researchers in the field, we would like to gather information about current treatment provisions in the area of Gaming Disorder given that it is now recognised as a clinical disorder in the latest revision of the International Classification of Diseases (ICD-11) as a diagnosable condition. It is imperative to document how accessibility to NHS talking therapy services can be improved for those exhibiting such behaviours. We submitted a similar request in March 2017, this is a follow up to request to examine if there have been any changes in treatment provisions over the last three years. Under the Freedom of Information Act (2001), we would like to request the following information:

### Question 1. Types of services offered for Gaming Disorder;

Answer: People of all ages seeking help with this disorder are able to access help from our Improving Access to Psychological Therapies [IAPT] and secondary care services.

### Question 2. Number and job title of qualified mental health professionals within each service who offer treatment for internet gaming disorder;

Answer: The Trust has reviewed your request for information under the Freedom of Information Act (FOI) 2000.

East London NHS Foundation Trust does not have any dedicated staff who offer treatment for internet gaming disorder, however we offer advice and support for children, young people and adults, within our IAPT or secondary care services. We therefore have approximately 750 therapists who may give advice and support but none are dedicated only to gaming addictions.

### Question 3. Number of behavioural addiction specialists within the Trust;

Answer: The Trust does not employ any behavioural addiction specialists.

### Question 4. Number of child and adolescent specialists who offer treatment for this disorder;

### Question 5. Lowest age limit for referral to service. We would also like to gather specific referral data for any individuals that had been referred for treatment of problem gaming (over the last five years) within the trust as follows: ?

### Question 6. Number of referrals where problem gaming was the primary reason for referral;

### Question 7. Age of referrals;

### Question 8. Gender of referrals;

### Question 9. Type of treatment and/or talking therapies offered;

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**Question 10. The estimated time spent on a waiting list prior to initial contact;**

**Question 11. How many attended first appointment;**

**Question 12. How many never attended;**

**Question 13. How many completed treatment;**

**Question 14. With those who completed treatment, how many presented with risk pertaining to their gaming behaviours;**

**Question 15. How many dropped out of treatment part way through;**

**Question 16. How many were still in treatment. ?**

Answer: The Trust has reviewed questions 4-16 of your request for information under the Freedom of Information Act 2000. In order to collate this information, staff would have to review every referral received and establish the reasons for that referral to then establish the status of treatment.

Therefore, the Trust is unable to comply with this particular part of your request as the cost of compliance and extracting your exact requirements would exceed the appropriate cost limit of £450 which is specified in Section 12 of the Freedom of Information Act 2000. This is based on a rate of £25 per hour, regardless of the rate of pay of any individual involved in the retrieval of requested information, and equates to 18 hours work.