



**East London**  
NHS Foundation Trust

**Information Governance**

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11 November 2021

**Our reference: FOI DA3961**

I am responding to your request for information received 5 October 2021. 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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**Request:**

**I'm writing to you under the Freedom of Information Act to request the following data please:**

**Question 1. How many patients were referred to the Trust for anxiety in 2019, 2020 and 2021? Can the data be categorised by month please.**

**Answer:** Please see table below:

<b>Referral Date - Month</b>	<b>Number of people who referred to IAPT with Generalised Anxiety Disorder</b>
January 2019	571
February 2019	512
March 2019	530
April 2019	485
May 2019	511
June 2019	508
July 2019	494
August 2019	537
September 2019	515
October 2019	636
November 2019	556
December 2019	421
January 2020	638
February 2020	611
March 2020	473
April 2020	302
May 2020	543
June 2020	887
July 2020	840
August 2020	589
September 2020	760
October 2020	757
November 2020	759
December 2020	564
January 2021	690
February 2021	728
March 2021	858
April 2021	685
May 2021	663
June 2021	701
July 2021	635
August 2021	627
September 2021	616

Please note, this gives the number of referrals received by the Trust's IAPT services who had a primary presenting complaint of Generalised

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Anxiety Disorder. The Trust does not record referrals for condition on other clinical systems.

**Question 2. What are the three most common causes of anxiety reported by patients?**

Answer: Section 12(1) of the Freedom of Information Act 2000 states:

*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*

The Trust has reviewed question 2 of your request for information and in order to collate this information, staff would have to review each patient record manually and record the causes of anxiety reported by patients. This is because the information is not recorded on a separate format on the clinical systems.

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.

**Question 3. Does the Trust offer a form of talking therapy for patients with anxiety? If yes, can you provide details and if these are face to face sessions?**

Answer: The Trust offers a range of services and interventions for those presenting with anxiety.

IAPT services offer a range of NICE-recommended treatments for anxiety to individuals who are appropriate for interventions at primary care level. Options include both group and individual sessions as well as Computerised CBT supported by regular check-ins with a practitioner. These include face-to-face sessions.

**Question 4. What is the current waiting time between referral and first assessment for anxiety patients?**

Answer: Section 12(1) of the Freedom of Information Act 2000 states:

*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*

The Trust has reviewed question 4 of your request for information and in order to collate this information, staff would have to review each patient record manually to ascertain which patients have been referred because of anxiety only and then establish the waiting time between referral and first appointment.

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

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