

Information Governance

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11 January 2023

Our reference: FOI DA4494

I am responding to your request for information received 12 December 2022. 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

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



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Chief Executive: Paul Calaminus
Chair: Eileen Taylor

Request: IAPT and Bipolar: Freedom of Information Request for Services

Please enter the name of your NHS trust or IAPT service name and location:

Answer: East London NHS Foundation Trust which provides IAPT services in the London Boroughs of Newham and Tower Hamlets and in Bedfordshire.

Question 1: Do you have local policies/guidelines about accepting referrals for those with Bipolar Disorder in your IAPT services? Yes/No.

Answer: Yes.

a. If NO, please give details why this is e.g. national guidelines or local policies:

Answer: Not applicable.

b. Is Bipolar Disorder an exclusion criteria for your services? Yes/No

Answer: No.

c. Does your service work with Bipolar Disorder specifically, or other issues in the context of Bipolar Disorder (e.g. anxiety, PTSD)?

- **Bipolar disorder specifically.**
- **Other issues in the context of Bipolar Disorder (e.g. anxiety, PTSD).**
- **Both**

Answer: IAPT services do not treat Bipolar Disorder but will treat depression and other psychological issues in the context of Bipolar Disorder.

Question 2: Do you routinely screen for Bipolar Disorder in initial assessments? Yes/No.

Answer: Yes

Please give details here if you wish:

a. If YES, what is the process you use for screening?

- **Self-report measure (e.g. mood disorders questionnaire, hypomania checklist)**
- **Structured interview questions**
- **Other (Please state):_____**

Answer: Structured interview questions.

b. If YES, what is the process when you suspect somebody has Bipolar disorder?

- **Continue usual IAPT treatment**
- **Continue IAPT treatment with adaptations for Bipolar**
- **Refer back to GP**
- **Refer to secondary mental health team**
- **Other (Please state):_____**

Answer: If suitable for IAPT treatment, patients will continue IAPT treatment or are referred to secondary mental health team.



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Question 3: Have your staff received training about Bipolar Disorder (tick all that apply)?

- Training on screening for Bipolar Disorder
- Training on psychological therapies for Bipolar Disorder
- No training
- Other (Please state): _____

Answer: Some staff have had training but there is not mandatory training on Bipolar Disorder within IAPT.

Question 4: In the past two years, how many referrals have you received in total?

Answer: For the financial years 2020-21 and 2021-22, 94,115 referrals received for IAPT services.

a. How many of these people had a Bipolar disorder diagnosis at the point of referral?

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

*Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.*

East London NHS Foundation Trust does not record the information requested and is therefore unable to provide a response.

Question 5: In the past two years, how many referrals were not accepted at the point of referral (without an assessment) in total?

Answer: For the financial years 2020-21 and 2021-22, 27,500 were discharged without attending a first appointment. This may have been due to either non-engagement or non-eligibility.

a. How many of these were due to Bipolar Disorder?

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

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Question 6: In the past two years, how many referrals were offered an assessment/screening and then discharged without being offered therapy?

Answer: For the financial years 2020-21 and 2021-22, 27,947 were discharged after a single attended appointment. This may be due to patient choice, non-engagement or onward referral and does not necessarily mean that therapy was not offered.



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a. How many of these were due to Bipolar Disorder?

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Question 7: In the past two years, how many people have entered treatment with you in total (2 or more active sessions)?

Answer: For the financial years 2020-21 and 2021-22, 35,815 attended a second appointment.

a. How many of these had Bipolar Disorder?

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

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Question 8: What is your definition of treatment completion?

Answer: We look at both those who completed the scheduled course of treatment or those who attended two or more MDS treatment appointments.

Question 9: In the past two years, how many people who entered treatment have completed the scheduled treatment with you?

Answer: For the financial years 2020-21 and 2021-22, 24,482 were discharged with “completed planned treatment”. Some are discharged early due to early recovery and/or patient choice.

a. How many of these had Bipolar Disorder?

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

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Question 10: In the past two years, how many people have completed treatment with you in total (using your service definition on of completion)?



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Answer: For the financial years 2020-21 and 2021-22, 35060 were discharged with a completed treatment in line with national definition (i.e. after 2 or more attended MDS appointments).

a. How many of these had Bipolar Disorder?

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

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