

Information Governance

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1 February 2023

Our reference: FOI DA4450

I am responding to your request for information received 14 November 2022. I am sincerely 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

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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'what matters' to everyone, achieve a better quality
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Chief Executive: Paul Calaminus
Chair: Eileen Taylor

Request:

Question 1: The average time taken for an individual being referred to IAPT, to completion of their course of treatment, whose pathway was "Guided Self Help (Book)", during the financial year, 21/22.

Question 2: The average time taken for an individual being referred to IAPT, to completion of their course of treatment, whose pathway was "Cognitive behaviour therapy (CBT)", during the financial year, 21/22.

Answer: Please see table below:

Pathway	Average time
Guided Self Help (Book)*	132 days
Cognitive behaviour therapy (CBT)*	212 days

* This is based on the therapy type for the last therapy session prior to discharge. Please note, many patients will attend more than one treatment type during a course of treatment.

Question 3: The average time taken for an individual being referred to IAPT, to completion of their 4th appointment, whose pathway was "Cognitive behaviour therapy (CBT)", during the financial year, 21/22.

The Trust has reviewed question 3 of your request for information under the Freedom of Information Act (FOI) 2000.

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.*

In order for the Trust to provide this information it would have to access patient records. We do not have a legal basis to access patient records in order to respond to a Freedom of Information Request. Therefore we are unable to provide a response.



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