

**Information Governance**

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11 April 2023

**Our reference: FOI DA4639**

I am responding to your request for information received 14 March 2023. 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)

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We promise to work together creatively to: learn  
'what matters' to everyone, achieve a better quality  
of life and continuously improve our services.  
**We care . We respect . We are inclusive**

**Chief Executive:** Paul Calaminus  
**Chair:** Eileen Taylor

**Request:** I am submitting an FOI request, requesting data on the NHS Talking Therapies for Anxiety and Depression Programme (previously IAPT) provided by your trust for the year 2021-22.

**Question 1:** How many referrals did the trust receive for the above programme and timeframe?

**Answer:** The Trust has reviewed question 1 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

*(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.*

The information requested is accessible here: Question 2:

<https://www.elft.nhs.uk/sites/default/files/2023-01/ANON%20Response%20-%20FOI%20DA4526.pdf>

**Question 2:** How many of those were self-referrals, GP referrals or other? Please list raw number for each type of referral.

**Answer:** Please see table below:

Referral source	Number received 2021/2022
Self-referral	37791
GP	2969
Other	3405

**Question 3:** How many of those total referrals started treatment?

**Answer:** 30,457 started treatment.

**Question 4:** How many of those total referrals ended treatment before completed course?

**Answer:** 13,472 ended treatment before completing the course.

**Question 5:** How many of those total referrals finished a completed course of treatment?

**Answer:** 17,085 finished a completed course of treatment.

**Question 6:** What types of therapy are offered by the trust via the programme? Please list

**Answer:** Please see list below:

- Guided Self Help
- Computerised CBT
- CBT
- Dynamic Interpersonal Therapy
- Mindfulness Based Cognitive Therapy
- Narrative Exposure therapy EMDR
- Counselling for Depression
- Couples therapy for Depression
- Behavioural Couples Therapy



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**Question 7: How many referrals were offered each type of therapy, specifically:**

- **One-to-one in person**
- **One-to-one online**
- **Computer based/workbook based self-access (Silvercloud etc)**
- **Group therapy**

Answer: Please see table below:

Type of therapy	Total
<b>One-to-one in person One-to-one online</b>	16,788*
<b>Computer based/workbook based self-access</b>	2,859
<b>Group</b>	5,723

\* It is not possible to differentiate between one-to-one in person and one-to-one online without going into the patient's record, which we do not have a legal reason to do so.

**Question 8: How many referrals started each type of therapy?**

- **One-to-one in person**
- **One-to-one online**
- **Computer based/workbook based self-access (Silvercloud etc)**
- **Group therapy**

Answer: Please see table below:

Type of therapy	Total
<b>One-to-one in person One-to-one online</b>	14,182*
<b>Computer based/workbook based self-access</b>	2,793
<b>Group</b>	5126

\* It is not possible to differentiate between one-to-one in person and one-to-one online without going into the patient's record, which we do not have a legal reason to do so

**Question 9: How many referrals ended each type of therapy before completing course of treatment?**

- **One-to-one in person**
- **One-to-one online**
- **Computer based/workbook based self-access (Silvercloud etc)**
- **Group therapy**

Answer: The Trust has reviewed question 9 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—*



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*(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 as there is variation between patients. 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.

**Question 10: How many referrals finished completed course of treatment?**

Answer: The Trust has reviewed question 10 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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(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 as there is variation between patients. 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.

**Question 11: How long in minutes are one-to-one treatment sessions in person?**

Answer: The Trust has reviewed question 11 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.*

East London NHS Foundation Trust does not record the information requested as this varies depending on the therapy. The Trust is therefore unable to provide a response.

**Question 12: How long in minutes are one-to-one treatment sessions online?**

Answer: The Trust has reviewed question 12 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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East London NHS Foundation Trust does not record the information requested as this varies depending on the therapy. The Trust is therefore unable to provide a response.



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**Question 13: If there are sessions of different lengths, please list them all and how many referrals were offered each session length?**

Answer: The Trust has reviewed question 13 of your request for information under the Freedom of Information Act (FOI) 2000.

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(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 as there is variation between patients. 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.

**Question 14: How many referrals started 30-minute or course of the shortest-length treatment sessions offered?**

Answer: 8,045 referrals started 30-minute or course of the shortest-length treatment sessions offered.

**Question 15: How many referrals ended those sessions before completing the course of treatment?**

Answer: The Trust has reviewed question 15 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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In order for the Trust to provide this information it would have to access patient records as there is variation between patients. 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.

**Question 16: How many referrals finished complete course of those sessions?**

Answer: The Trust has reviewed question 16 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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(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 as there is variation between patients. 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.



**Question 17: How many referrals started the longest-length treatment sessions offered? (45 minutes and above)**

Answer: 13,056 referrals started the longest-length treatment sessions offered. (45 minutes and above)

**Question 18: How many referrals ended those sessions before completing the course of treatment?**

Answer: The Trust has reviewed question 18 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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(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 as there is variation between patients. 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.

**Question 19: How many referrals finished complete course of those sessions?**

Answer: The Trust has reviewed question 19 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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(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 as there is variation between patients. 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.

**Question 20: How many sessions are offered to referrals?**

Answer: The Trust has reviewed question 20 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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In order for the Trust to provide this information it would have to access patient records as there is variation between patients. 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.





**Question 21: If there are different numbers of sessions offered as a baseline, please list them all and how many were offered each number as a baseline**

Answer: The Trust has reviewed question 21 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—  
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(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 as there is variation between patients. 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.

**Question 22: How many referrals offered the shortest number of sessions finished treatment?**

Answer: The Trust has reviewed question 22 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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(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 as there is variation between patients. 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.

**Question 23: How many referrals offered the largest number of sessions finished treatment?**

Answer: The Trust has reviewed question 23 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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(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 as there is variation between patients. 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.

**Question 24: How many referrals offered the mean (average) number of sessions finished treatment?**

Answer: The Trust has reviewed question 24 of your request for information under the Freedom of Information Act (FOI) 2000.



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

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