



East London

**NHS Foundation Trust
Information Governance**

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14th January 2025

Our reference: FOI DA5772

I am responding to your request for information received 9th December 2024. 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,

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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Chair: Eileen Taylor

Request:

Question 1: Please state any digital technologies, e-therapies, internet-delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics for adult mental health problems that your Trust has procured, contracted or are paid for by the service for use by service users. For example, these might include, but are not limited to, internet-delivered cognitive behaviour (CBT) with or without therapist support, smartphone applications, web applications or programmes, wearables (including devices or sensors) or extended reality technologies (i.e. virtual reality, augmented reality).

Format this as a list indicating which have been procured, contracted or paid for by the service.

Answer: The Trust's Talking Therapies services all use the SilverCloud Computerised Cognitive Behavioural Therapy (CCBT) platform for service users.

The contract is held by North East London ICB on behalf of three provider Trusts who each contribute their share of the costs.

Question 2: Additionally, please state any digital technologies, e-therapies, internet-delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics for adult mental health problems that your Trust uses or recommends to service users. For example, these might include, but are not limited to, internet-delivered cognitive behaviour (CBT) with or without therapist support, smartphone applications, web applications or programmes, wearables (including devices or sensors) or extended reality technologies (i.e. virtual reality, augmented reality). Format this as a list indicating which are recommended and which are used by the Trust.

Please note: we distinguish between 1) procured, contracted or paid for by the service and 2) used and recommended based on the following:

- 1. Procured, contracted or paid for by the service - these are technologies from suppliers that have been formally agreed and paid for by the Trust to use in service.**
- 2. Used or recommended - these are technologies that have not been formally procured or contracted but might be suggested to service users (e.g. a list of technologies given upon referral, while on the waitlist for treatment, upon treatment commencement or completion) or used by clinicians in service.**

Answer: The Trust has reviewed question 2 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 and is therefore unable to provide a response.



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Question 3: For the period of 2023/24, please provide any data monitoring information you collect on the technologies listed above. For example:

a. the number of people that have been recommended or reported using the technologies.

Answer: 2163 individuals have been recommended or reported using the technologies.

b. how long they continued to use the technology.

Answer: The Trust has reviewed question 3b 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 and is therefore unable to provide a response.

c. or whether there was a reported benefit from their use.

Answer: The recovery rate (in line with national Talking Therapies definitions) for service users who were discharged from the service after joining the CCBT pathway was 48%; this does not necessarily mean that CCBT was the only treatment intervention, nor does it specify a minimum level of usage.

d. Please state where this data is collected from (e.g. the technology providers or from the service).

Answer: This data is drawn from the Trust's clinical records system IAPTUS for Talking Therapies.

Question 4: Please list any Talking Therapies (formerly known as IAPT) providers that run services on your behalf or in connection with your Trust.

Answer: Newham Talking Therapies on behalf of the Trust.
Bedfordshire Talking Therapies on behalf of the Trust.
Tower Hamlets Talking Therapies on behalf of the Trust.

Question 5: If these services are not run directly by the NHS please state who runs them and what they are (e.g. Social Enterprise, Limited Company, third sector group).

Answer: Not applicable.

Question 6: Please state any organisations or third parties (e.g. ORCHA) you have partnered with or commissioned to create or provide an app library.

Answer: Not applicable.



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Question 7: For the period 2023/24 please state the total number of people your Trust treated for common mental health problems (see definition: [here](#)), including how many were treated for each problem.

Answer: Please see table below:

Primary presenting complaint / ICD10 diagnosis	Number logged as being discharged from Talking Therapies in 2023/24 with a completed course of treatment on IAPTUS*	Number diagnosed within Trust-wide services, as recorded under ICD10 codes on the Trust's Clinical system RiO**
Agoraphobia	111	34
Body Dysmorphic Disorder (BDD)	11	18
Depression	9075	1175
Generalised Anxiety Disorder	4531	109
Health Anxiety (Hypochondriasis)	178	370
Mixed Depression and Anxiety (the term for sub-syndromal depression and anxiety, rather than both depression and anxiety)	194	116
Obsessive-Compulsive Disorder (OCD)	324	28
Panic Disorder	398	293
Post-Traumatic Stress Disorder (PTSD)	949	14
Social Anxiety Disorder	343	4
Specific phobias (such as heights, flying, spiders etc.)	121	34
Grand Total	16235	2161

*Please note: Talking Therapies services don't usually provide a formal diagnosis on IAPTUS, so a search of the "presenting complaints" was used to determine the figures for the described conditions.

** Please note that, to determine if they had been treated for such diagnosis on RiO in this time frame, it would require a review of each of the patient's records.

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

Section 40 for the FOI Act states:

(2) This exemption covers the personal data of third parties (anyone other than the requester) where complying with the request would breach any of the principles in the UK GDPR.

In order to provide the information requested, it would be necessary to access patient records on RiO as the information regarding whether the service user



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was treated is not held in a searchable format. There is no legal basis to access patient records for the purposes of responding to a Freedom of Information request. The Trust is therefore unable to provide a response.



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