



**East London**  
NHS Foundation Trust  
**Information Governance**  
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9 July 2025

**Our reference: FOI DA6061**

I am responding to your request for information received 16 May 2025 and clarified on 19 May. Your additional questions were received on 29 May. I am 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,

Information Rights Coordinator

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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**Chief Executive Officer:** Lorraine Sunduza  
**Chair:** Eileen Taylor

**Request:** Can you please provide the following information under the Freedom of Information Act 2000. This query relates to shopping addiction, which is also known as Compulsive Buying Disorder (CBD) or Oniomania.

Could the information please be provided in financial years.

The ICD-11 diagnosis criteria may be used and under that, this condition could be listed as 'obsessive compulsive disorder - other' (which was what gambling used to be noted as before it was added to the diagnosis criteria).

**Question 1:** How many people have been identified as possibly having the condition (Compulsive Buying Disorder - CBD) during the following periods:

- a) 2020/21
- b) 2021/22
- c) 2022/23
- d) 2023/24
- e) 2024/25
- f) 2025-to date

**Question 2:** What is the age and gender of those mentioned in question 1?

**Answer:** Please see table below:

Age and Gender Breakdown of patients diagnosed with Compulsive Buying Disorder (CBD) or Oniomania									
Financial Year	Total Diagnosed Patients	18-25	26-34	35-49	50-69	70-79	80+	Male	Female
2020/2021	2	0	1	0	1	0	0	2	0
2021/2022	2	0	1	0	0	1	0	2	0
2022/2023	3	0	1	1	0	1	0	2	1
2023/2024	1	1	0	0	0	0	0	1	0
2024/2025	4	2	2	0	0	0	0	4	0
2025/2026	1	0	0	1	0	0	0	1	0
<b>Total</b>	<b>13</b>	<b>3</b>	<b>5</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>0</b>	<b>12</b>	<b>1</b>

**Question 3:** If someone presented to the NHS with this condition, what support or treatment options are available?

**Answer:** The Trust is not commissioned to treat CBD or Oniomania and does not have the expertise to provide interventions or support for this.

**Question 4:** How many people have been identified as having a behavioural addiction during the following periods:

- a) 2020/21
- b) 2021/22
- c) 2022/23
- d) 2023/24
- e) 2024/25
- f) 2025-to date

**Clarification:** How many people have been identified as having Compulsive Buying Disorder (CBD) alongside another mental health diagnosis? E.g OCD or ADHD.



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Answer: Please see table below:

**Question 5: What is the age and gender of those mentioned in question 4?**

Answer: Please see table below:

<b>Age and Gender Breakdown of patients diagnosed with Compulsive Buying Disorder (CBD) alongside another mental health diagnosis? E.g OCD or ADHD</b>									
<b>Financial Year</b>	<b>Total Diagnosed Patients</b>	<b>18-25</b>	<b>26-34</b>	<b>35-49</b>	<b>50-69</b>	<b>70-79</b>	<b>80+</b>	<b>Male</b>	<b>Female</b>
2020/2021	2	0	1	0	1	0	0	2	0
2021/2022	2	0	1	0	0	1	0	2	0
2022/2023	2	0	0	1	0	1	0	1	1
2023/2024	0	0	0	0	0	0	0	0	0
2024/2025	3	2	1	0	0	0	0	3	0
2025/2026	1	0	0	1	0	0	0	1	0
<b>Total</b>	<b>10</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>0</b>	<b>9</b>	<b>1</b>

**Question 6: How many people have been identified as having a behavioural addiction e.g gambling, porn or gaming, during the following periods:**

- a) 2020/21
- b) 2021/22
- c) 2022/23
- d) 2023/24
- e) 2024/25
- f) 2025-to date

**Question 7: What is the age and gender of those identified in question 6?**

Answer: Please see table below:

<b>Age and Gender Breakdown of patients diagnosed with behavioural addiction e.g gambling, porn or gaming</b>									
<b>Financial Year</b>	<b>Total Diagnosed Patients</b>	<b>18-25</b>	<b>26-34</b>	<b>35-49</b>	<b>50-69</b>	<b>70-79</b>	<b>80+</b>	<b>Male</b>	<b>Female</b>
2020/2021	20	0	6	12	3	0	0	14	6
2021/2022	20	2	5	4	7	2	0	16	4
2022/2023	19	1	6	7	5	0	0	15	4
2023/2024	10	1	4	1	4	0	0	7	3
2024/2025	11	1	3	5	2	0	0	9	2
2025/2026	2	1	0	0	1	0	0	1	1
<b>Total</b>	<b>82</b>	<b>6</b>	<b>24</b>	<b>29</b>	<b>22</b>	<b>2</b>	<b>0</b>	<b>62</b>	<b>20</b>

**Question 8: How many people have been identified as having a behavioural addiction which are partly (or wholly) linked to screen usage e.g gambling, porn or gaming, during the following periods:**

- a) 2020/21
- b) 2021/22
- c) 2022/23
- d) 2023/24



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- e) 2024/25
- f) 2025-to date

Answer: The Trust has reviewed question 8 of 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 to determine diagnosis based on screen usage as the information is not held in a searchable format on our aggregated database. 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.

**Question 9: What is the age and gender of those identified above (Q8)?**

Answer: The Trust has reviewed question 9 of 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 to determine diagnosis based on screen usage as the information is not held in a searchable format on our aggregated database. 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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