

2nd January 2026

Our reference: FOI DA6379

I am responding to your request for information received 3rd December 2025. 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,

FOI Team

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



Request: ADHD and emotional dysregulation

Question 1: The number of patients with ADHD under your trust that also have documented emotional dysregulation, mood disorders, anxiety or self-harm / mood-instability issues recorded of those with ADHD

Answer: 65 services users are currently considered open, having been referred to the ADHD teams in ELFT, with an ICD-10 code diagnosis of mood disorders, anxiety and/or self-harm, as of 18th December 2025.

Question 2: How many have comorbid mental health conditions recorded (e.g., anxiety, depression, low self-esteem, mood disorders)? If possible, please provide the number for each comorbid condition separately.

Answer: The Trust has reviewed question 2 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 as the information 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.

Question 3: How many ADHD patients were seen by crisis services or home treatment teams in the last 12 months under your trust? (if possible, please also state the reason).

Answer: 82 service users were referred to ADHD teams having also seen the Home Treatment teams in the last twelve months, as of 18th December 2025.

Question 4: How many people with ADHD under your trust are currently in therapy, or waiting for therapy, due to emotional regulation difficulties being recorded as the presenting issue or reason for referral? If possible, please provide the information for each different form of therapy

Answer: The Trust has reviewed question 4 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 as the information 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.



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 Officer: Lorraine Sunduza
Chair: Eileen Taylor