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21 November 2022

**Reference number: F23-312A**

**SENT BY EMAIL**

Dear

Thank you for your email requesting information under the Freedom of Information Act 2000. Please find the response attached as requested.

- 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.**
- 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.**
- 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.**

For all 3 answers below, completion of treatment has been taken as patients with 2 or more attended treatments appointments.

1. There isn't a pathway called Guided Self Help (Book). It is instead one of our Intervention types. It's more like a description of the therapy given in a specific session rather than across the entire episode of care. So, what I've done here is worked out the average time from referral to completion of a patient who had at least 1 attended appointment where the intervention was listed as Guided Self Help (Book). Taking that into account, only 11 patients completed a course of treatment in 21/22 FY. The average length in days from referral to completion was 187 days.



Most commonly a patient at Step 2 level will receive Guided Self Help as their intervention. So for 4346 Step 2 patients who completed in 21/22 FY, the average gap from referral to discharge was 136 days.

2. There is no pathway for Cognitive Behavioural Therapy so as above I've included patients who have CBT listed in at least one appointment. There were 5308 patients who completed in 21/22 FY with an average length from referral to completion of 228 days

3. As above, the average from referral to 4<sup>th</sup> attended contact was 123 days.

I trust this information meets your needs. If you have any query or concern about the handling of your enquiry then please contact the Trust's Freedom of Information Lead at the address below.

You also have the right of appeal to the Information Commissioner at:

Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Telephone: 01625 545700

Website: [www.informationcommissioner.gov.uk](http://www.informationcommissioner.gov.uk)

Yours sincerely,

Debbie Smith  
Director of Operations and System Partnerships

