

6 October 2021

Information Rights & Compliance Team
99 Waverley Road
St Albans
Hertfordshire
AL3 5TL

Tel: 01727 804954
Email: Hpft.foi@nhs.net

Our Ref: FOI/04108

Thank you for your request concerning IAPT Referrals Self-Harm And Suicidality.

Your request has been considered and processed in accordance with the requirements of the Freedom of Information (FOI) Act 2000.

1. Total number of referrals received

Between September 2020 and August 2021, Hertfordshire IAPT services received 30,567 referrals into the service.

2. Of those referrals received how many at referral have evident self harm?

a. How many of these are accepted into the service?

3. How many at referral have evident suicidality?

a. How many of these are accepted into the service?

We are unable to supply information on self-harm or evident suicidal as this information is not part of a standard data set.

In order for us to provide this information would involve us manually going through every referral received for the past calendar year to establish if self-harm and/or suicide was mentioned. Therefore we have applied exemption S12 - Cost of compliance exceeds the appropriate limit¹.

It is estimated that it would take 20 minutes to scrutinise each referral (10 minutes for evidence of self harm and a further 10 minutes to establish if suicide was mentioned) i.e. 10,189 hours @ £25 = £254,725.

In addition, we do not believe reading through individuals medical records for the purpose of a FOI request would be in line with the GDPR Data Protection Principles or the Caldicott Principles.

¹ Section 12 - Cost of compliance exceeds the appropriate limit

4. Of all referrals received what was the average wait time until face to face service was offered?

We are unable to provide details of the offers to individual patients and whether their contact choice was face to face or by other means, as this information is not part of any data set.

Information on performance against the national waiting time standards are available via the [NHS digital site](#)².

5. What information is held about self harm and suicidality by the service?

Information about a person's risks are gathered at each clinical appointment and are recorded as part of their electronic patient record.

6. Please could you provide your service specification including all inclusion and exclusion criteria.

In line with the IAPT manual (V5 2021) information on historic or current suicidal ideation and past suicide attempts do not automatically exclude someone from accessing the support of the IAPT service. However, if someone currently has clear plans or intent to act on these thoughts, IAPT services are not best placed to meet the patient's needs. In these situations, support from more appropriate specialist services is sought. Historic or current self-harm, without suicidal intent, do not automatically exclude someone from accessing the support of the IAPT service where clinical assessment indicates that the client's presenting problem is one suitably treated by IAPT (depression and anxiety-related disorders). Self-harm can be common in conditions (including psychosis, personality disorders and eating disorders) that are not appropriately treated by IAPT and careful assessment is used to determine which service/s are most appropriate to meet the patient's current need.

Should you require further clarification or like to discuss payment, please do not hesitate to contact me.

Please find enclosed an information sheet regarding copyright protection and the Trust's complaints procedure in the event that you are not satisfied with the response.

Yours sincerely

Sue Smith

**Sue Smith
Information Rights Officer**

Enc: Copyright Protection and Complaints Procedure Information Leaflet.

If you would like to complete a short survey in relation to your Freedom of Information request please scan the QR code below or click [here](#).



² Information is available through other means