

18 May 2022

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

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

Our Ref: FOI/04154

Thank you for your request concerning referrals for anxiety.

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

1) How many patients were referred to the Trust for anxiety in 2019, 2020 and 2021? Can the data be categorised by month please.

The majority of services users with Anxiety are seen by our Wellbeing and IAPT services. However the Electronic Patient Recording system used by these services does not allow us to report referrals by diagnosis.

We are able to provide you with the referrals received through our Single Point of Access with an anxiety referral to our Adult Mental Health, CAMHS, Older People and Specialist Learning Disability services.

The table below shows the number of referrals identified for secondary care, and where the reason for referral has been identified as ANXIETY

Anxiety	2019	2020	2021	2022
Jan	321	375	347	351
Feb	248	331	280	369
Mar	298	297	380	442
Apr	193	158	341	
May	189	253	370	
Jun	208	273	400	
Jul	257	375	289	
Aug	188	315	280	
Sep	282	431	359	
Oct	313	464	319	
Nov	265	411	427	
Dec	210	366	328	
Total	2972	4049	4120	

2) What are the three most common causes of anxiety reported by patients?

This information is not held in a reportable format¹. In order to provide this information we would have to go through all the referrals to extract this data and this would invoke S12 - cost of compliance exceeds the appropriate limit.

3) Does the Trust offer a form of talking therapy for patients with anxiety? If yes, can you provide details and if these are face to face sessions?

The Trust offers all forms of NICE supported talking therapy, including groupwork and individual treatments. These are provided online or face to face, according to each service user's needs and preferences and the assessing clinician's recommendations in each case.

4) What is the current waiting time between referral and first assessment for anxiety patients?

We are unable to provide you with the waiting time for Anxiety as data is not collected for individual diagnostic groups².

Should you require further clarification, 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](#).



¹ Section 12 - Cost of compliance exceeds the appropriate limit

² Section 1(1) 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 him.