

11 October 2022

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Our Ref: FOI/04439

Thank you for your request concerning Benzodiazepines Research Project.

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

**Benzo Research Project: a student-led initiative which seeks to understand and evaluate the experiences of young people who use benzodiazepines.**

**Q.1. Number of self-referrals to GPs for benzodiazepine usage 2018-22, broken down by year (2018, 2019, 2020, 2021, 2022):**

**1.B. Per gender**

**1.C. Per ethnicity**

We do not hold this information<sup>1</sup>. Hertfordshire Partnership University NHS Foundation Trust is a provider of mental health and specialist learning disability services; we are not a general practice.

**Q.2. Number of hospitalisations of those aged 15-30 years old for issues related to benzodiazepine usage 2018-2022, broken down by year (2018, 2019, 2020, 2021, 2022):**

**2.B. Per gender**

**2.C. Per ethnicity**

When service users are given a diagnosis it is coded using The World Health Organization's International Statistical Classification of Diseases and Related Health Problem (ICD10 5<sup>th</sup> Edition 2016) either as a Primary or Secondary Diagnosis.

There is not an ICD10 code for *issues* related to benzodiazepine so we are unable to retrieve this information from our Electronic Patient Recording (EPR) system as it is not held in a reportable format.

**Q.3. Number of hospital admissions aged 15-30 years old with benzodiazepine related mental disorders/behavioural disorders 2018-2022, broken down by year (2018, 2019, 2020, 2021, 2022):**

**3.B. Per gender**

**3.C. Per ethnicity**

Between 2018 and 2022 using The World Health Organization's International Statistical Classification of Diseases and Related Health Problem (ICD10 5<sup>th</sup> Edition 2016) code of F13.0 Mental and behavioural disorders due to use of sedatives or hypnotics (which includes benzodiazepine) we have identified 10 service users being admitted to our Inpatient units.

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<sup>1</sup> 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.

**CAVEAT:** this may not be an accurate reflection all the service users with this disorder, only those who have a F13 diagnosis identified on the EPR.

We are unable to provide the annual breakdown as requested due to the small numbers of service users being admitted in any one year. We have applied Exemption Section 40(2) because entries of 5 or less are considered sufficiently small enough to be potentially identifiable data. On this basis, the information is exempt from the duty to publish.

We have also applied S40 to the further breakdown of gender and ethnicity due to small numbers and the potential to identify service users. Although under Section 16 – Duty to provide advice and assistance we can confirm that the majority were male and White British.

**Q.4. Number of people aged 15-30 years old visiting GP seeking withdrawal treatment for benzodiazepines 2018-2022, broken down by year (2018, 2019, 2020, 2021, 2022):**

**4.B. Per gender**

**4.C. Per ethnicity**

Please see the answer to question 1.

**Q.5. Number of people aged 15-30 years old referred to by a GP for mental health services for support relating to benzodiazepines use 2018-2022, broken down by year (2018, 2019, 2020, 2021, 2022):**

**5.B. Per gender**

**5.C. Per ethnicity**

Between 2018 and 2022 we received 24 GP referrals for service users with an ICD10 code of F13.0. The majority being male and White British.

Please see above explanation regarding the breakdown into year, gender and ethnicity.

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](#).

