

**IAPT and Bipolar: Freedom of Information Request for Services**

**Version 1, 09/08/2022**

**Please enter the name of your NHS trust or IAPT service name and location: Hertfordshire Partnership University NHS Foundation Trust**

- 1. Do you have local policies/guidelines about accepting referrals for those with Bipolar Disorder in your IAPT services?**

No

- a. If NO, please give details why this is e.g. national guidelines or local policies:**

Treatment for Bipolar Disorder is not included in the national guidelines for IAPT (NHS Talking Therapies) in the IAPT Manual.

- b. Is Bipolar Disorder an exclusion criteria for your services?**

No

- c. Does your service work with Bipolar Disorder specifically, or other issues in the context of Bipolar Disorder (e.g. anxiety, PTSD)?**

- **Bipolar disorder specifically.**
- **Other issues in the context of Bipolar Disorder (e.g. anxiety, PTSD).**
- **Both**

The service works with people with depression and anxiety disorders, where this is the main presenting problem.

- 2. Do you routinely screen for Bipolar Disorder in initial assessments?**

No.

**Please give details here if you wish:**

Not applicable.

- a. If YES, what is the process you use for screening?**

- **Self-report measure (e.g. mood disorders questionnaire, hypomania checklist)**
- **Structured interview questions**
- **Other (Please state):**

Not applicable.

- b. If YES, what is the process when you suspect somebody has Bipolar disorder?**

- **Continue usual IAPT treatment**
- **Continue IAPT treatment with adaptations for Bipolar**
- **Refer back to GP**
- **Refer to secondary mental health team**
- **Other (Please state):**

Not applicable

**3. Have your staff received training about Bipolar Disorder (tick all that apply)?**

- Training on screening for Bipolar Disorder
- Training on psychological therapies for Bipolar Disorder
- No training
- Other (Please state):

Not applicable

**4. In the past two years, how many referrals have you received in total?**

77,072

**a. How many of these people had a Bipolar disorder diagnosis at the point of referral?**

This information is not recorded<sup>1</sup>.

**5. In the past two years, how many referrals were not accepted at the point of referral (without an assessment) in total?**

An assessment is offered to every referral.

**a. How many of these were due to Bipolar Disorder?**

This information is not recorded<sup>1</sup>.

**6. In the past two years, how many referrals were offered an assessment/screening and then discharged without being offered therapy?**

This information is not recorded<sup>1</sup>.

**a. How many of these were due to Bipolar Disorder?**

Not applicable

**7. In the past two years, how many people have entered treatment with you in total (2 or more active sessions)?**

57,865

**a. How many of these had Bipolar Disorder?**

This information is not recorded<sup>1</sup>.

**8. What is your definition of treatment completion?**

The national definition is 2 or more sessions.

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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.  
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Sue Smith : Information Rights Officer

**9. In the past two years, how many people who entered treatment have completed the scheduled treatment with you?**

28,007

**a. How many of these had Bipolar Disorder?**

This information is not recorded<sup>1</sup>.

**10. In the past two years, how many people have completed treatment with you in total (using your service definition on of completion)?**

Please see the answer to question 9.

**a. How many of these had Bipolar Disorder?**

Please see the answer to question 9a.

**Please feel free to comment on any of the questions discussed here:**

The right of access created by the Freedom of Information Act only applies to recorded information. This does not include requests asking for a person's comments, opinions or general advice.