

Freedom of Information Request: Our Reference CTHB_38_19

You asked:

Please could you provide a breakdown per year of the number of people using secondary adult mental health services who have received the following evidence based psychological / talking therapies, on a face to face individual basis, in the area covered by your health board in the years 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017 & 2018:-

1. Cognitive Behavioural Therapy (CBT)
2. Acceptance and Commitment Therapy (ACT)
3. Dialectical Behavioural Therapy (DBT)
4. Mindfulness Based Cognitive Therapy (MBCT) (please provide data on MBCT and not other forms of mindfulness)
5. Cognitive Analytical Therapy (CAT)
6. Interpersonal Therapy (IPT)

Our response:

Unfortunately the Health Board does not hold the data in a format that would enable us to respond to your request to the level of detail required. The only way we could identify information relating to patients receiving evidence based psychological/talking therapies would be to undertake a review of the case notes for every patient who has received this service within secondary adult mental health.

As this is not information that the Health Board routinely compiles, we would have to carry out a specific exercise to collate this data. To provide you with this information, would require a manual trawl and significantly exceed the 18 hours time and £450 cost limit set out within Section 12 of the Freedom of Information Act. Therefore, we are unable to provide this information.

Our priority will be on how best to measure clinical outcomes against the evidence tables contained in the [Matrics Cymru](#). A common system to achieve this is currently receiving attention on an all Wales basis through the Welsh Community Clinical Information System (WCCIS), and in our own interim improvements to meet a core data set suggested by a project steering board of the 1000 Lives Mental Health and Learning Disabilities Improvement Team, Public Health Wales: Working together toward common goals: Outcome measurement in Wales.