

Freedom of Information Request: Our Reference CTHB_56_19

You asked:

The prevalence of internet gaming disorder (i.e., video game addiction) in the UK is unknown at this point. Over the past year, the issue has garnered increasing publicity following the World Health Organization's official recognition of gaming addiction as a mental health condition in June 2018, enabling access to NHS treatments for those in the UK. We would like to gather information about the scale of the problem and current treatment provisions in the area of internet gaming addiction.

1. We would like to request the following information about the facilities and capacity to deal with internet gaming/video game addiction:

- a) Types of services offered for problem gaming/video game addiction;**
- b) Number and job title of qualified mental health professionals within each service who offer treatment for internet gaming disorder;**
- c) Number of behavioural addiction specialists within the Trust;**
- d) Number of child and adolescent specialists who offer treatment for this disorder;**
- e) Lowest age limit for referral to service.**

Cwm Taf University Health Board does not offer any specific services for problem gaming/video game addiction. If addiction is identified, patients will be offered mainstream mental health services.

2. If you currently do not offer specific services for problem gaming/video game addiction, do you plan to in the future?

The Health Board has no plans at present to offer such services in the future.

3. We would also like to gather specific referral data for any individuals that had been referred for treatment of problem gaming for the calendar years 2014, 2015, 2016, 2017, 2018 and 2019 (year to date), including the following information:

- a) Number of referrals where problem gaming was the primary reason for referral;**
- b) Age of referrals;**
- c) Gender of referrals;**
- d) Type of treatment and/or talking therapies offered;**

- e) The estimated time spent on a waiting list prior to initial contact;**
- f) How many attended first appointment;**
- g) How many never attended;**
- h) How many completed treatment;**

The Health Board does not hold the data in a format that would enable us to fully respond to your request to the level of detail required. The information you require would be recorded within an individual patient's health record as part of their ongoing care. 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.