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Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



Freedom of Information Request: Our Reference CTMUHB_610_24

You asked:

I am aiming to gather information on all digital technologies used for adult mental health services. I would appreciate as much detail as possible regarding the following questions:

1. Please state any digital technologies, e-therapies, internet-delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics for adult mental health problems that your Health Board service have been procured, contracted or are paid for by the service for use by service users. For example, these might include, but are not limited to, internet-delivered cognitive behaviour (CBT) with or without therapist support, smartphone applications, web applications or programmes, wearables (including devices or sensors) or extended reality technologies (i.e. virtual reality, augmented reality). Please format this as a list indicating which have been procured, contracted or paid for by the service.

Please see response provided in the table below:

Name of digital technologies, e-therapies, internet-delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics	Procured, contracted or are paid	Number of people who have used the technology
ProblemShared Digital Platform	Yes	56
Zoom	No	
Teams	No	
DoxyMe	No	

2. Additionally, please state any digital technologies, e-therapies, internet-delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics for adult mental health problems that your Health Board service uses or recommends to service users. For example, these might include, but are not limited to, internet-delivered cognitive behaviour (CBT) with or without therapist support, smartphone applications, web applications or programmes, wearables (including devices or sensors) or extended reality technologies (i.e. virtual reality, augmented reality). Please format this as a list indicating which are recommended and which are used by the Health Board.

Please note: we distinguish between 1) used and recommended and 2) procured, contracted or paid for by the service based on the following:

- **Procured, contracted or paid for by the service** - these are technologies from suppliers that have been formally agreed and paid for by the Health Board to use in service.
- **Used or recommended** - these are technologies that have not been formally procured or contracted but might be suggested to service users (e.g. a list of technologies given upon referral, while on the waitlist for treatment, upon treatment commencement or completion) or used by clinicians in service.

Please see response provided in the table below:

Name of digital technologies, e-therapies, internet-delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics	Used/ Recommended
Silver Cloud	Used
Spring	Used
Attend Anywhere	Used
Teams	Used
Melo	Recommended
Beat Momentum	Recommended
Avatar Therapy	Recommended
SlowMo	Recommended
CareLoop	Recommended

3. For the period of 2023/24, please provide any data monitoring information you collect on the technologies listed above. For example, the number of people that have been recommended or reported using the technologies, how long they continued to use the technology or whether there was a reported benefit from their use. Please state where this data is collected from (e.g. the technology providers or from the service).

This information is not collected.

4. Please list any separate Community Mental Health Teams (CMHTs) that run services on your behalf or in connection with your Health Board.

Not applicable. We do not have this arrangement in our Health Board

5. Please state any organisations or third parties (e.g. ORCHA) you may have partnered with or commissioned to create or provide an App Library.

Not applicable. We do not have this arrangement in our Health Board

6. For the period of 2023/24, please state the total number of people your Health Board treated for common mental health problems, including how many were treated for each problem.

We can confirm that the Health Board does not centrally record this information. 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.