



GIG
CYMRU
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WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



Freedom of Information Request: Our Reference CTMUHB_230_25

Additional question (8 and 9) received 28/05.

You asked:

Can you please provide the following information under the Freedom of Information Act 2000. This query relates to shopping addiction, which is also known as Compulsive Buying Disorder (CBD) or Oniomania. Could the information please be provided in financial years.

For background, I have been advised that:

- GPs or NHS talking therapies would be the first point of call for such patients.
- Generally those diagnosed with the condition would rarely be diagnosed with it on its own as other mental health problems are likely to be present as well.
- The ICD-11 diagnosis criteria may be used and under that, this condition could be listed as 'obsessive compulsive disorder - other' (which was what gambling used to be noted as before it was added to the diagnosis criteria).

1. How many people have been identified as possibly having the condition (Compulsive Buying Disorder - CBD) during the following periods:

- a. 2020/21
- b. 2021/22
- c. 2022/23
- d. 2023/24
- e. 2024/25
- f. 2025-to date

We only record a definitive diagnosis for inpatient/daycase episodes via the clinical coding process. Therefore, we are unable to confirm the number of patients diagnosed with any disease/condition.

We can confirm that the Health Board does not centrally record the detailed information requested. As such, we would not be able to provide a full Health Board wide picture. 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.

2. What is the age and gender of those mentioned above?

Please see response to Q1.

3. If someone presented to the NHS with this condition, what support or treatment options are available?

We would initially look at complexity to ascertain whether this disorder met our criteria for therapy (impairment, comorbidities, risk etc). If we did feel it met our criteria, we would use a Cognitive Behavioural Therapy model, formulating in the same way as we would with other obsessional/compulsive disorders.

4. How many people have been identified as having Compulsive Buying Disorder (CBD) alongside another mental health diagnosis? E.g OCD or ADHD.

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5. What is the age and gender of those mentioned above?

Please see response to Q4.

6. How many people have been identified as having a behavioural addiction e.g gambling, porn or gaming, during the following periods:

- a. 2020/21
- b. 2021/22
- c. 2022/23
- d. 2023/24
- e. 2024/25
- f. 2025-to date

We only record a definitive diagnosis for inpatient/daycase episodes via the clinical coding process. Therefore, we are unable to confirm the number of patients diagnosed with any disease/condition.

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7. What is the age and gender of those identified above?

Please see response to Q6.

8. How many people have been identified as having a behavioural addiction which are partly (or wholly) linked to screen usage e.g gambling, porn or gaming, during the following periods:

- a.** 2020/21
- b.** 2021/22
- c.** 2022/23
- d.** 2023/24
- e.** 2024/25
- f.** 2025-to date

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We can confirm that the Health Board does not centrally record this detailed information. As such, we would not be able to provide a full Health Board wide picture. 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.

9. What is the age and gender of those identified in question 8?

Please see response to Q8.