

Freedom of Information Request: Our Reference CTMUHB_28_26

You asked:

Please could you provide me with the following information in relation to psychological therapies delivered by your Health Board for each month from April 2024 to December 2025.

The number of patients who are waiting to start a psychological therapy (end of month census snapshot):

- Patients waiting up to and including 84 days
- Patients waiting 85 days and over and up to and including 126 days
- Patients waiting 127 days and over and up to and including 182 days
- Patients waiting 183 days and over and up to and including 252 days
- Patients waiting 253 days and over and up to and including 364 days
- Patients waiting 365 days and over

For clarity, this request is in relation to those patients who are waiting to start a psychological therapy, as defined as high intensity or specialist psychological therapies / interventions (as defined in Matrics Cymru). Referrals for low intensity interventions i.e. those delivered via Local Primary Mental Health Support Services (LPMHSS) are not the subject of this request.

Please see response provided in the tables below:

Indicator		Data relating to:											
		Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25	Feb-25	Mar-25
Number of patients <u>who are waiting to start a psychological therapy</u>	Patients waiting up to and including 84 days (<= 11 weeks)	267	268	242	244	252	269	248	245	229	255	249	210
	Patients waiting 85 days and over and up to and including 126 days (12-17 weeks)	108	108	122	84	96	115	113	106	119	102	128	108
	Patients waiting 127 days and over and up to and including 182 days (18 - 25 weeks)	142	123	151	153	135	126	130	155	123	141	132	135
	Patients waiting 183 days and over and up to and including 252 days (26 - 35 weeks)	176	192	143	105	120	146	150	127	156	151	125	137
	Patients waiting 253 days and over and up to and including 364 days (36 - 51 weeks)	109	118	134	136	142	137	130	148	148	140	139	153
	Patients waiting 365 days and over (>= 52 weeks)	116	109	105	91	92	68	76	80	81	94	79	105

Indicator		Data relating to:								
		Apr-25	May-25	Jun-25	Jul-25	Aug-25	Sep-25	Oct-25	Nov-25	Dec-25
Number of patients <u>who are waiting to start a psychological therapy</u>	Patients waiting up to and including 84 days (<= 11 weeks)	317	318	325	326	304	223	194	231	247
	Patients waiting 85 days and over and up to and including 126 days (12- 17 weeks)	99	136	184	150	162	158	144	131	124
	Patients waiting 127 days and over and up to and including 182 days (18 - 25 weeks)	158	149	163	207	190	211	203	210	189
	Patients waiting 183 days and over and up to and including 252 days (26 - 35 weeks)	150	160	206	177	171	216	252	239	246
	Patients waiting 253 days and over and up to and including 364 days (36 - 51 weeks)	163	167	267	211	217	205	226	279	301
	Patients waiting 365 days and over (>= 52 weeks)	120	130	230	188	170	193	200	209	228

Please could you also provide any known protected characteristics for the patients involved in this data. This could include age, ethnicity and gender.

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.