

FOI 0184/2021 Response

**1) How many patients were referred to the Trust for anxiety in 2019, 2020 and 2021?
Can the data be categorised by month please.**

Please see table below and note the following:

- Data has been provided up to 30th September 2021.
- Data provided includes referrals to the Improving Access to Psychological Therapies (IAPT) service and Community Mental Health Team service (CMHT).

Month	Referrals
31/01/2019	748
28/02/2019	625
31/03/2019	686
30/04/2019	557
31/05/2019	653
30/06/2019	650
31/07/2019	697
31/08/2019	592
30/09/2019	778
31/10/2019	754
30/11/2019	672
31/12/2019	560
31/01/2020	836
29/02/2020	698
31/03/2020	498
30/04/2020	251
31/05/2020	397
30/06/2020	561
31/07/2020	636
31/08/2020	600
30/09/2020	881
31/10/2020	870
30/11/2020	812
31/12/2020	692
31/01/2021	751
28/02/2021	835
31/03/2021	948
30/04/2021	788
31/05/2021	826
30/06/2021	933
31/07/2021	733
31/08/2021	663
30/09/2021	770

2) What are the three most common causes of anxiety reported by patients?

Please see table below and note the following:

- In Improving Access to Psychological Therapies (IAPT) the Trust records presenting complaint (as shown below). This represents the aspect of the patient’s presentation that they would like to focus the intervention on.
- A patient may have more than one presenting issue and the Trust will work collaboratively with the patient to decide on a presenting complaint and base treatment on this decision.
- The data is representative of calendar years for 2019 to 11th October 2021.
- GAD is in reference to Generalized Anxiety Disorder.
- PTSD is in relation to Post-Traumatic Stress Disorder.

Year	Most Common	2nd	3rd
2019	GAD	PTSD	Mixed anxiety and depression
2020	GAD	Other anxiety	PTSD
2021	GAD	Other anxiety	PTSD

3) Does the Trust offer a form of talking therapy for patients with anxiety? If yes, can you provide details and if these are face to face sessions?

Cognitive Behavioural Therapy is offered for people with anxiety, in line with NICE guidance. In Birmingham Healthy Minds, a choice of face to face, video or telephone sessions are offered.

4) What is the current waiting time between referral and first assessment for anxiety patients?

Please see table below and note that the data provided is in relation to the Trust’s Improving Access to Psychological Therapies (IAPT) service and Community Mental Health Team service (CMHT).

Median Wait (days)	Mean Wait (days)
64	76