

FOI 0193 /2022 Response

1. The average time taken for an individual being referred to IAPT to their first attended "Guided Self Help (Book)" activity, during the financial year, 21/22.

****Clarification****

Please note that the wording of the question has been changed in order to address "Guided Self Help (Book)" as a national Intervention Category as it is not a Treatment Pathway.

The original wording by the requester was "The average time taken for an individual being referred to IAPT, to completion of their course of treatment, whose pathway was "Guided Self Help (Book)", during the financial year, 21/22."

As such, the average days wait below reflects time from receipt of the referral to the first completed session of a "Guided Self Help (Book)" activity. This does not mean that the person had not received other contacts (assessment or treatment) prior to that first attended contact of "Guided Self Help (Book)".

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| AvgDays | 64 |
|---------|----|

2. The average time taken for an individual being referred to IAPT, to completion of their course of treatment, whose pathway was "Cognitive behaviour therapy (CBT)", during the financial year, 21/22.

****Clarification****

There are two CBT Pathways (Step 2 and Step 3). The assumption is that by coming off either the S2/3 CBT pathway, then the patient has finished this course of treatment as opposed to being discharged completely.

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| AvgDays | 239 |
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3. The average time taken for an individual being referred to IAPT, to completion of their 4th appointment, whose pathway was "Cognitive behaviour therapy (CBT)", during the financial year, 21/22.

****Clarification****

Result reflects the average days from receipt of referral to when the 4th contact occurred within a S2 or S3 CBT Pathway occurred within the FY 21/22.

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| AvgDays | 193 |
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