

FOI 080/2025 Request

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.

This is what I mean by behavioural addiction: Behavioural addiction, also known as process addiction or impulse control disorder, is defined as compulsively engaging in behaviours or activities that cause significant damage to your physical, emotional or financial wellbeing.

Examples of behavioural addictions are gambling, porn, social media etc. If you have data on behavioural addictions, then that please, but if you do not then obsessive compulsive related disorders.

I've heard from an NHS Trust who shared some information that I just wanted to pass on in case it's helpful: We use ICD 10 codes for diagnosis, and we identified the codes F63.8 -Other habit and impulse disorders and F63.9 - impulse disorder, unspecified that CBD fits into. We would need to go back to the clinicians to ask which of these service users (if any) have CBD as these codes cover generically other habit and impulse disorders.

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
- a. 2021/22
- a. 2022/23
- a. 2023/24
- a. 2024/25
- a. 2025-to date

The Trust is unable to provide the requested information.

This is because we do not capture Compulsive Buying Disorder in a way which can be easily identified.

Obtaining the requested information will require exhaustive and manual measures which exceeds the threshold of this task.

The Trust therefore, rely on exemption Section 12 of the Freedom of Information Request to deny this aspect of your request.

2. What is the age and gender of those mentioned in question 1

The Trust is unable to provide the requested information.

This is because we do not capture Compulsive Buying Disorder in a way which can be easily identified.

Obtaining the requested information will require exhaustive and manual measures which exceeds the threshold of this task.

The Trust therefore, rely on exemption Section 12 of the Freedom of Information Request to deny this aspect of your request.

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

The Trust do not offer interventions specifically for Compulsive Buying Disorder (CBD)/ managing Oniomania or ICD F63 code in general .

If there was an Obsessive Compulsive Disorder (OCD) type presentation at an assessment then we may offer an intervention for that, but the presenting complaint would be noted as OCD, which means we would be unable to distinguish any patients presenting with CBD from those with OCD.

We don't offer an intervention to patients presenting any other kind of addiction, we would signpost to addiction services.

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

The Trust is unable to provide the requested information.

This is because we do not capture Compulsive Buying Disorder in a way which can be easily identified.

Obtaining the requested information will require exhaustive and manual measures which exceeds the threshold of this task.

The Trust therefore, rely on exemption Section 12 of the Freedom of Information Request to deny this aspect of your request.

5. What is the age and gender of those mentioned in question 4?

The Trust is unable to provide the requested information.

This is because we do not capture Compulsive Buying Disorder in a way which can be easily identified.

Obtaining the requested information will require exhaustive and manual measures which exceeds the threshold of this task.

The Trust therefore, rely on exemption Section 12 of the Freedom of Information Request to deny this aspect of your request.

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
- a. 2021/22
- a. 2022/23
- a. 2023/24
- a. 2024/25
- a. 2025-to date

Note: Defined as a diagnosis of F63.8 or F63.9

Financial Year	Patients
2020/21	-
2021/22	1
2022/23	-
2023/24	2
2024/25	-
2025-to date	-

Q6a: How many people have been identified as having some form of Obsessive Compulsive Disorder (F42 diagnosis family) during the following periods:

Note: this has been included as per the clarification received on what is meant by 'behavioural addiction'. Data also includes patients referred to Talking Therapies.

Financial Year	Patients
2020/21	392
2021/22	443
2022/23	397
2023/24	361
2024/25	409
2025-to date	37

7. What is the age and gender of those identified in question 6?

Financial Year	Gender	Age Band
2021/22	Female	25-34
2023/24	Female	35-44
2023/24	Male	35-44

Q7a: Gender and Age for 6a.

2020/21			
Age Band	Female	Male	Non binary
<16	1	1	
16-24	63	19	
25-34	95	44	
35-44	40	39	
45-54	19	27	1
55-64	15	10	
65-74	9	5	
75-84	3		
85 plus		1	
2021/22			
Age Band	Female	Male	Non binary
<16	3	1	
16-24	77	35	1
25-34	109	36	
35-44	63	24	
45-54	27	21	
55-64	14	18	
65-74	5	8	
75-84		1	
85 plus			
2022/23			
Age Band	Female	Male	Non binary
<16	4	1	
16-24	57	32	1
25-34	80	48	1
35-44	46	37	
45-54	29	19	
55-64	17	12	
65-74	7	3	
75-84	2	1	
85 plus			
2023/24			
Age Band	Female	Male	Non binary
<16	3	2	

16-24	63	29	
25-34	83	42	
35-44	37	21	
45-54	20	18	
55-64	14	10	
65-74	8	7	
75-84	3	1	
85 plus			
2024/25			
Age Band	Female	Male	Non binary
<16	3	2	
16-24	68	27	1
25-34	116	48	2
35-44	53	24	
45-54	25	10	
55-64	12	6	
65-74	3	5	
75-84	3		
85 plus	1		
2025-to date			
Age Band	Female	Male	Non binary
<16			
16-24	5	3	
25-34	10	5	
35-44	7		
45-54	2	1	
55-64			
65-74	1	2	
75-84		1	
85 plus			

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
- a. 2021/22
- a. 2022/23
- a. 2023/24
- a. 2024/25
- a. 2025-to date

The Trust is unable to provide the requested information.

This is because we do not capture behavioural addiction linked to screen usage in a way which can be easily identified.

Obtaining the requested information will require exhaustive and manual measures which exceeds the threshold of this task.

The Trust therefore, rely on exemption Section 12 of the Freedom of Information Request to deny this aspect of your request.

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

The Trust is unable to provide the requested information.

This is because we do not capture behavioural addiction linked to screen usage in a way which can be easily identified.

Obtaining the requested information will require exhaustive and manual measures which exceeds the threshold of this task.

The Trust therefore, rely on exemption Section 12 of the Freedom of Information Request to deny this aspect of your request.