

FOI_0516_21/22 – FOI request concerning – Anxiety Patients

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

Year	2019
Month	Number of referrals with Anxiety and stress related disorders as their problem descriptor
Jan	165
Feb	112
March	113
April	101
May	140
June	111
July	125
Aug	126
Sept	141
Oct	166
Nov	107
Dec	80

Year	2020
Month	Number of referrals with Anxiety and stress related disorders as their problem descriptor
Jan	139
Feb	135
March	71
April	45
May	98
June	112
July	133
Aug	127



Sept	129
Oct	135
Nov	128
Dec	85

Year	2021
Month	Number of referrals with Anxiety and stress related disorders as their problem descriptor
Jan	134
Feb	115
March	161
April	134
May	135
June	133
July	112
Aug	104
Sept	32

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

In the above time period, the three most common types of anxiety treated were: Generalised Anxiety Disorder, Post Traumatic Stress Disorder and Panic Disorder.

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?

We have an Increasing Access to Psychological Therapies service within the Trust – Talking Change. Prior to the pandemic the majority of treatment appointments were face to face, this moved to almost all being offered remotely during the pandemic. We are now moving toward a mix of both face to face and remote therapy sessions.

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

It is not possible to identify specifics for those have treatment for anxiety but for all refferals between Jan 2019 and Sept 2021:

72% of people waited less than 29 days between their referral and first assessment

25% waited between 29 and 56 days between their referral and first assessment

3% waited between 57 and 90 days between their referral and first assessment

1% waited more than 90 days.