

**FOI_0946_2022-23 – FOI Request Concerning – IAPT
(Improving Access to Psychological Therapy)**

- 1. 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.**

129 days or 18 weeks

- 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.**

217 days or 31 weeks

- 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.**

We have been in contact with our support team and unfortunately we cannot reliably gather the information to respond confidently to this question.