

# Psychological Therapies Waiting Times in NHSScotland

Quarter ending 31 December 2016

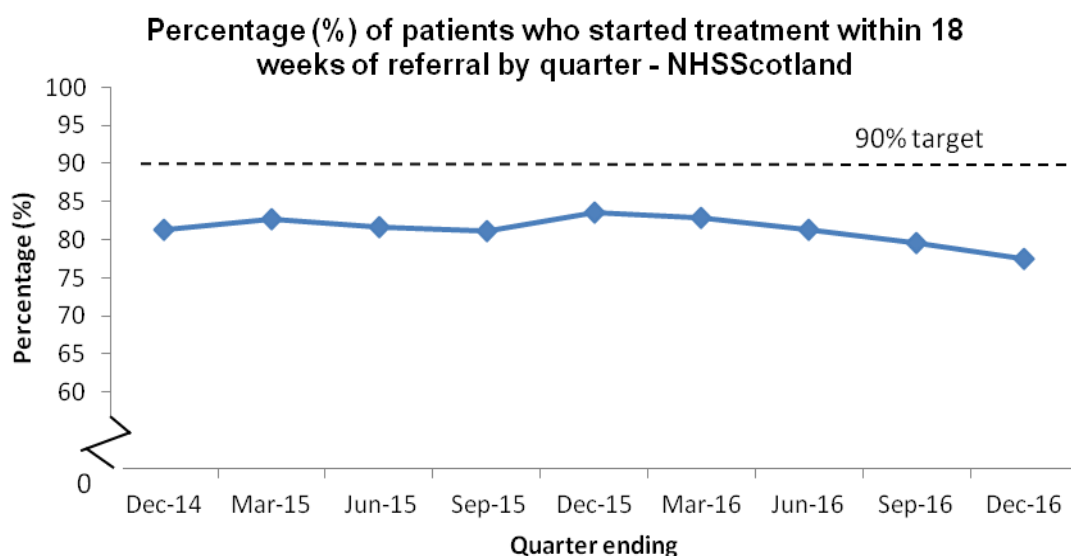
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## About this release

This publication by Information Services Division (ISD) summarises how long people waited to start treatment for Psychological Therapies provided by NHSScotland for the quarter ending December 2016.

## Main Points

- 11,234 people started treatment for Psychological Therapies in Scotland which is an increase from the previous quarter (11,164) and a decrease from quarter ending December 2015 (13,161).
- Just under eight out of ten (77.5%) patients were seen within 18 weeks which compares with 79.6% in the previous quarter and 83.5% for the quarter ending December 2015.
- Two NHS Boards met the standard of treating 90% of patients referred within 18 weeks - these were NHS Lanarkshire and NHS Western Isles. Data completeness for NHS Greater Glasgow and Clyde and NHS Highland are below 50% due to IT system changes; no conclusions can be drawn from their data. Revised figures will be published on completion of IT changes, therefore, Scotland figures will change.
- 580 people aged 65 and over started treatment for Psychological Therapies in this quarter and 87.9% were seen within 18 weeks which is a decrease from the previous quarter (617) and quarter ending December 2015 (704).



## Background

Waiting times information for Psychological Therapies are still being developed. NHS Boards are working with ISD and the Scottish Government to improve the consistency and completeness of the information. The Scottish Government has set a standard for the NHS in Scotland to deliver a maximum wait of 18 weeks from a patient's referral to treatment for Psychological Therapies from December 2014. The standard should be delivered for at least 90% of patients.

Psychological Therapies refer to a range of interventions, based on psychological concepts and theory, which are designed to help people understand and make changes to their thinking, behaviour and relationships in order to relieve distress and to improve functioning. The standard applies specifically to Psychological Therapies for treatment of a mental illness or disorder.

Scottish Government asked Healthcare Improvement Scotland to lead a programme of work to improve access to Psychological Therapies. ISD are a partner in this programme of work providing data, analytical and intelligence support working closely with NHS Boards.

## Contact

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## Further Information

Further information can be found in the [Psychological Therapies Waiting Times in NHSScotland](#) report or on the [Psychological Therapies pages of the ISD website](#).

MHAIST information can be found on the [MHAIST webpage on the ISD website](#).

The [Psychology Workforce Planning Project](#) was initiated in 2001 and is a collaboration between NHS Education for Scotland (NES) and ISD.

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## ISD and Official Stats

Information Services Division (ISD) is the principal and authoritative source of statistics on health and care services in Scotland. ISD is designated by legislation as a producer of 'Official Statistics'. Our official statistics publications are produced to a high professional standard and comply with the Code of Practice for Official Statistics. [Further information about our statistics](#).