

# Publication Summary



## Psychological Therapies Waiting Times in NHSScotland

Quarter ending 30 June 2015

Publication date – 25 August 2015

### About this Release

This publication by Information Services Division (ISD) contains information about how long people waited to start treatment for Psychological Therapies provided by NHSScotland for the quarter ending June 2015.

The systems for collecting data locally are still being developed, and as a result, some people who had treatment for Psychological Therapies are not included in this publication. However, the information in this publication does give a good indication of waiting times in most areas of Scotland. NHS Boards are working with ISD and the Scottish Government to improve the consistency and completeness of the information.

### Key Points

- 12,533 people started treatment for Psychological Therapies in Scotland, an increase of 874 (7.5%) over the previous quarter.
- Four NHS Boards met the target of treating 90% of patients referred within 18 weeks - these were NHS Greater Glasgow & Clyde, NHS Highland, NHS Lanarkshire and NHS Tayside.
- Half of the patients started their treatment within 8 weeks, more than 4 out of 5 (82%) being seen within 18 weeks.
- Improving access to services for older people is a key element of the mental health strategy. Almost 700 people aged 65 and over started treatment for Psychological Therapies in this quarter and over 9 out of 10 (90.2%) were seen within 18 weeks.

### Background

The Scottish Government has set a target for the NHS in Scotland to deliver a maximum 18 week waiting time from a patient's referral to treatment for Psychological Therapies from December 2014. Following the conclusion of previously planned work on a tolerance level for Psychological Therapies waiting times and engagement with NHS Boards and other stakeholders, the Scottish Government has determined that the Psychological Therapies target 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 target applies specifically to Psychological Therapies for treatment of a mental illness or disorder.

Due to implementation of a new Patient Management System NHS Orkney were not able to provide data for June 15.

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## Further Information

Further information can be found in the [Full Publication Report](#) or on the [ISD website](#)

### About ISD

Scotland has some of the best health service data in the world combining high quality, consistency, national coverage and the ability to link data to allow patient based analysis and follow up. Information Services Division (ISD) is a business operating unit of NHS National Services Scotland - and has been in existence for over 40 years. We are an essential support service to NHSScotland and the Scottish Government Health Department and others, responsive to the needs of NHSScotland as the delivery of health and social care evolves.

### Official Statistics

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. The Code of Practice is produced and monitored by the UK Statistics Authority which is independent of Government. Under the Code of Practice, the format, content and timing of statistics publications are the responsibility of professional staff working within ISD.

Further information on ISD's statistics, including compliance with the Code of Practice for Official Statistics, and on the UK Statistics Authority, is available on the [ISD website](#) [www.isdscotland.org/About-ISD/About-Our-Statistics/](http://www.isdscotland.org/About-ISD/About-Our-Statistics/)