Psychological Therapies Waiting Times in NHSScotland

Quarter ending 30 June 2017
Publication Date – 5 September 2017

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 June 2017.

Following the implementation of new IT systems, data completeness for NHS Greater Glasgow and Clyde (NHS GG&C) is between 20-25%, NHS Orkney have not provided data, NHS Fife are 90% complete and NHS Tayside data is complete to 23 June 2017.

As this impacts on the total numbers for Scotland, no comparisons with previous quarters or the previous year have been provided in this publication.

After the publication of 5 September 2017, there will be a review to ensure the significant data quality issues have been addressed, this may change the content and planned date of the next release.

Main Points
Based on the available data for the quarter ending June 2017:
- 12,028 people started treatment for Psychological Therapies - had the data submissions been complete, it is estimated that around 15,300 people would have started treatment.

- Around three quarters (72.4%) of patients were seen within 18 weeks - had the data submissions been complete it is estimated that 77.9% of patients would have been seen within 18 weeks.

- One NHS Board (NHS Western Isles) met the standard of treating 90% of patients referred within 18 weeks.

- Improving access to services for older people is a key element of the mental health strategy. Based on available data, 810 people aged 65 and over started treatment for Psychological Therapies in this quarter of which 82.0% were seen within 18 weeks.

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.

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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**

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