Psychological Therapies Waiting Times in NHSScotland

An Official Statistics publication for Scotland

Publication date: 6 March 2018

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 2017.

NHS Borders were unable to submit Child and Adolescent Mental Health Services (CAMHs) and Learning Disabilities (LD) data due to migration issues.

Main Points
Based on the available data for the quarter ending December 2017:


- Three out of four patients (76.5%) were seen within 18 weeks.

- Two NHS territorial Boards (NHS Greater Glasgow and Clyde and NHS Western Isles) and NHS 24 met the standard of treating 90% of patients referred within 18 weeks.

- 983 people aged 65 and over started treatment for Psychological Therapies in this quarter of which 86.6% were seen within 18 weeks.
Background
Waiting times information for Psychological Therapies is 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.

Please see News and Updates section of our website for more details.

Please see the Psychological Therapies Report for more information on the data quality.

Contact
Michelle Kirkpatrick  
Principal Information Analyst  
michelle.kirkpatrick@nhs.net  
0131 275 6458

Santiago Nieva  
Information Analyst  
j.nieva@nhs.net  
0131 275 7186

Further Information
Find out more in the full report. The data from this publication is available to download from our web page along with a background information and glossary, and metadata document.

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.

For more information on Psychological Therapies Waiting Times see the Psychological Therapies waiting times section of our website. For related topics, please see either the Waiting Times or MHAIST pages.

The next release of this publication will be June 2018.

NHS Performs
A selection of information from this publication is included in NHS Performs. NHS Performs is a website that brings together a range of information on how hospitals and NHS Boards within NHSScotland are performing.

ISD and 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. Further information about our statistics.