

## Freedom of Information request 138-19

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### Request

Please provide information on:

1. Which of the following individual therapy types do you provide in your area?
  - a) Cognitive behavioural therapy
  - b) Dialectical behavioural therapy
  - c) Family therapy
  - d) Dynamic psychotherapy
2. What is the (A) average and (B) longest waiting time for a) cognitive behavioural therapy, b) dialectical behavioural therapy, c) family therapy and d) dynamic psychotherapy for people seen in the financial years i) 2015-2016, ii) 2016-2017 and iii) 2017-2018 and iv) people still waiting to be seen.

### Response

1. NHS Borders provides a) Cognitive Behavioural Therapy (CBT) and b) Dialectical Behavioural Therapy (DBT) in the Adult mental health service and a) Cognitive Behavioural Therapy (CBT) in Child & Adolescent mental health service.
2. NHS Borders are unable to provide the figures for longest waits for CBT as it would require a manual trawl through all patient records and the cost of carrying out this work would exceed the limit set in the Fees Regulations of the FOI(S)A 2002 and therefore we are not required to provide.

We started recording DBT waits individually in May 2018. There are currently 11 patients waiting for DBT. The longest wait is 109 weeks with the average being 53 weeks.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or [foi.enquiries@borders.scot.nhs.uk](mailto:foi.enquiries@borders.scot.nhs.uk).

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **138-19** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.

