

Freedom of Information request 368-20

Request and Response

1. Does the Health Board provide treatment for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?
 - a) For under 18s - **Yes**
 - b) For 18+ year olds - **Yes**

If "no" to both a) and b) in question 1, please skip to question 7.

If "yes" to either a) or b) in question 1, please continue.

2. Which of the Health Board's services provide treatment specifically for Binge Eating Disorder (BED) (i.e. Weight Management Service, Primary Care Mental Health Team, Child and Adolescent Mental Health Service, Community Mental Health Team, Eating Disorder service or otherwise)?

Please specify the names of all applicable services and their catchment areas.

- a) For under 18s – **Child & Adolescent Mental Health team (CAMHS) – Borders wide**
- b) For 18+ year olds - **NHS Borders Weight Management Team and Community Mental Health Teams - Borders wide**

Service restrictions/eligibility criteria

3. If applicable, please describe any service restrictions/eligibility criteria around accessing treatment specifically for Binge Eating Disorder (BED) (e.g. age, weight/BMI, comorbidity, severity etc).

If the Health Board provides more than one relevant service, please list answers separately against each.

- a) For under 18s - **There would need to be a complex and severe co-morbid mental health disorder.**
- b) For 18+ year olds - **Patients with BED are managed within the Borders Weight Management service unless there is a co-morbid primary mental health diagnosis, added complexity/severity/risk, or BMI is less than 30.**

Types of treatment provided

4. Please state the types of treatment provided by the Health Board specifically for Binge Eating Disorder (BED) (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED]). In the case of self-help, please clearly state whether this is guided or unguided. If the Health Board provides more than one relevant service please list answers separately against each.

- a) For Under 18s – **Individual Eating Disorder CBT**
- b) For 18+ year olds -- **Group eating disorder focused CBT-ED, group eating disorder compassion focused therapy, individual eating disorder-focused CBT-E.**

5.
 - a) In 2019/2020 (the tax year) how many people on the caseload of the services specified in answer to Question 2 had been assessed as currently meeting diagnostic criteria for Binge Eating Disorder (BED)?
 - i) For Under 18s - **None**

ii) For 18+ year olds – **8 people**

b) How many of those in Question 5a have participated in a binge eating disorder-focused guided self-help programme as first-line psychological treatment?

i) For Under 18s – N/A

ii) For 18+ year olds - **<5**

Funding

6.

a) In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Health Board for eating disorders (any eating disorder diagnosis)?

i) For Under 18s

ii) For 18+ year olds

This data is not held as it is not separated out within the Mental Health budget to this level. Therefore under Section 17 of the FOI(S)A 2002 this data cannot be provided.

b) In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Health Board specifically for Binge Eating Disorder (BED)?

i) For Under 18s

ii) For 18+ year olds

This data is not held as it is not separated out within the Mental Health budget to this level. Therefore under Section 17 of the FOI(S)A 2002 this data cannot be provided.

Weight Management Services

7. Does the Health Board provide a Weight Management Service? If so, please state the name of the service and its catchment area – **Yes, Borders Weight Management Team, Borders-wide.**

If “no” to question 7, there are no more questions. Thank you for your time.

If “yes” to question 7, please continue.

8. Does the Health Board’s Weight Management Service routinely screen patients for Binge Eating Disorder (BED)? - **Yes**

9. Does the Health Board’s Weight Management Service have dedicated Clinical Psychology input? - **Yes**

10. Is there a formal referral pathway/s in place between the Health Board’s Weight Management Service and (if applicable) eating disorder service/s? If so, please state the names and catchment areas of the services that have such a relationship.

Same clinical psychologist works in both services so has oversight of patients who may require support from both services

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.

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 **368-20** 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.