Freedom of Information (Scotland) Act 2002
Response to correspondence dated 13 March 2019
Request: Psychological Therapies
Applicant: Parliament
Reference: IGTFOISA6084

NHS Tayside has now considered your request dated 13 March 2019.

NHS Tayside wishes to advise you that there are exemptions applicable to the information requested. Please refer to the exemptions section of this correspondence.

Extract from 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

Question One

NHS Tayside Psychological Therapies Service provides:-

a) Cognitive Behavioural Therapy
b) Dialectical Behavioural Therapy
c) Family Therapy

d) Dynamic Psychotherapy

We do not provide:-

We do not record Waiting Times by therapy type offered therefore we are unable to answer the question.

Question Two

<table>
<thead>
<tr>
<th>Document Ref.</th>
<th>FOISA Exemption Applied</th>
<th>Justification</th>
</tr>
</thead>
<tbody>
<tr>
<td>IGTFOISA6084</td>
<td>Section 17 – Information Not held</td>
<td>NHS Tayside does not record waiting time by therapy type therefore we do not hold this information (question 2 a, b and c)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>NHS Tayside does not provide Dynamic Psychotherapy therefore question 2d is not applicable</td>
</tr>
</tbody>
</table>
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Under section 20 (1) of the Act, if you are dissatisfied with the way NHS Tayside has dealt with your request, you have a right to request a review of our actions and decisions in relation to your request, and you have a right to appeal to the Scottish Information Commission.

A request for an internal review must be made in writing no later than forty working days from receipt of this response and addressed to:

Tayside NHS Board Secretary
Tayside NHS Board Headquarters
Ninewells Hospital & Medical School
Dundee
DD1 9SY

If you are not content with the outcome of the internal review, you have the right to apply directly to the Scottish Information Commissioner for a decision. The Scottish Information Commissioner can be contacted at:

Scottish Information Commissioner
Kinburn Castle
Doubledykes Road
St Andrews
Fife
KY16 9DS

Or via the online appeal service: www.itsspublicknowledge.info/Appeal

If you have any queries about this correspondence, please contact:

Information Governance Team
Maryfield House
30 Mains Loan
Dundee
DD4 7BT

Telephone - 01382 424413
E-mail: informationgovernance.tayside@nhs.net

Information Governance
NHS Tayside
27 March 2019