

Date 25/04/2025  
Your Ref  
Our Ref 9927

Enquiries to Richard Mutch  
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Dear

## FREEDOM OF INFORMATION – PSYCHOLOGICAL THERAPY

I write in response to your request for information in relation to Psychological Therapy waiting times.

### Question:

- I wish to make a Freedom of Information Request for the number of adults currently on the waiting list for psychological treatment.

### Answer:

The number of people who were waiting on our Psychological Therapy waiting list at the end of March was: 4,287. This includes patients who have been assessed and are waiting on treatment to start and patients waiting on a first assessment appointment.

The source for this data is our National Psychological Therapies waiting times reporting which we submit to Public Health Scotland at the end of each month.

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at [www.itspublicknowledge.info/Appeal](http://www.itspublicknowledge.info/Appeal). If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

Headquarters  
Mainpoint  
102 West Port  
Edinburgh EH3 9DN

Chair Professor John Connaghan CBE  
Chief Executive Professor Caroline Hiscox  
*Lothian NHS Board is the common name of Lothian Health Board*



FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhsllothian.scot/FOI/Pages/default.aspx>

Yours sincerely

**ALISON MACDONALD**  
**Executive Director, Nursing**  
Cc: Chief Executive