

Date 10/06/2025
Your Ref
Our Ref 10092

Enquiries to Richard Mutch
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Dear

FREEDOM OF INFORMATION - PSYCHOLOGICAL THERAPIES

I write in response to your request for information in relation to psychological therapies.

Question:

- Of those adults who started treatment at psychological therapies in a) 2023-24 and b) 2024-25 how many waited (i) 12 months, (ii) 13 months, (iii) 14 months, (iv) 15 months, (v) 16 months, (vi) 17 months, (vii) 18 months, (viii) 19 months, (ix) 20 months, (x) 21 months, (xi) 22 months, (xii) 23 months, (xiii) 24 months or more, to start their treatment following a referral.

Answer:

Weeks Waited Grouped	No. of Patients
1 to 51 weeks	11,317
52 weeks	8
56 weeks	37
60 weeks	33
64 weeks	57
68 weeks	53
72 weeks	10
76 weeks	9
80 weeks	5<
84 weeks	5<
88 weeks	5<
92 weeks	5<
100 weeks	5<
>104 weeks	5<

Table 1: Wait to treatment for patients seen 2024/25

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*



Question:

2. What was the longest (number of days) any adults who started treatment psychological therapies in a) 2023-24 and b) 2024-25 waited to begin their treatment following a referral.

Answer:

The data source for this information is the National Waiting Times submission which is sent to the Governemnt each month. The submission does not detail the actual time waited for patients who waited >104 weeks. Any waits beyond 104 weeks are bucketed into a ">104 weeks" category. We can only say therefore that the longest wait was >104 weeks.

Question:

3. Of those adults currently waiting to start treatment at psychological therapies, how many have been waiting (i) 12 months, (ii) 13 months, (iii) 14 months, (iv) 15 months, (v) 16 months, (vi) 17 months, (vii) 18 months, (viii) 19 months, (ix) 20 months, (x) 21 months, (xi) 22 months, (xii) 23 months, (xiii) 24 months or more, to start their treatment following a referral.

Answer:

Weeks Waited Grouped	No of Patients
1 to 51 weeks	3,909
52 weeks	9
56 weeks	22
60 weeks	17
64 weeks	15
68 weeks	16
72 weeks	5<
76 weeks	10
80 weeks	5<
84 weeks	5<
88 weeks	7
92 weeks	5<
96 weeks	5<
100 weeks	5<

Table 2: Patients waiting at end of April 2025

Question:

4. What is the longest (number of days) adults currently waiting to start treatment at psychological therapies has been waiting to begin their treatment following a referral.

Answer:

The longest wait for patients waiting at the end of April 2025 was 90 and 103 weeks.

To protect the identity of the individuals involved any figure of 5 or less has not been shown in the tables above. Since we do not have their consent to release this data from their records, the information is exempt under section 38(1)(b) of the Freedom of Information (Scotland) Act i.e. to provide it would breach the Data Protection Act (2018). For the same reason we have provided a range for the longest wait.

Notes on the data

1. The data source for the 2024/25 data for patients treated is the National Waiting times submission. This data source does not report actual waits beyond 104 weeks. Any waits beyond 104 weeks are bucketed into a ">104 weeks" category. We can only say therefore that the longest wait was >104 weeks.
2. We are unable to report waits by calendar months. We have reported waits for those who waited 52 weeks and then by 4 weekly increments. i.e. those who waited up to 56 weeks, up to 60 weeks etc.

I hope the information provided helps with your request. I am sorry I cannot help 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. 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.

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