

**Reference:** FOI 33748 BUCKS

**Subject:** Cognitive Behavioural Therapy

*I can confirm that the CCG does hold some of the information requested; please see responses below:*

| QUESTION                                                                                                                                                                   | RESPONSE                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1. Please state how much you have spent in (i) 2017-18 and (ii) 2018-19 on sessions of cognitive behavioural therapy for your patients</b></p>                       | <p>We are unable to provide this this level of detail as the IAPT service is part of the overall Mental Health block contract, and individual service values cannot be quoted.</p>                                                                           |
| <p><b>2. In 2018-19 please state what different types of psychological problems were addressed by sessions of cognitive behavioural therapy.</b></p>                       | <p>The CCG does not hold this information. Please redirect to Oxford Health NHS Foundation Trust who may hold the information you are requesting. I have provided a link for your convenience:</p> <p><a href="#">Oxford Health NHS Foundation Trust</a></p> |
| <p><b>3. In 2018-19 how many patients suffering from anxiety were treated for anxiety with sessions of cognitive behavioural therapy that were funded by your CCG?</b></p> |                                                                                                                                                                                                                                                              |

*The information provided in this response is accurate as of 10 December 2019, and has been authorised for release by Robert Majilton, Deputy Chief Officer and Director of Sustainability & Transformation for NHS Buckinghamshire CCG.*