

Freedom of Information Act Request

Under the Freedom of Information Act, I would like to request the following information:

Please provide the following information for patients for calendar years 2022, 2023, 2024 and 2025:

1. Number of people diagnosed with a stress-related condition (e.g., anxiety/stress/burnout/high blood pressure).
2. Number of separate appointments where stress was the primary diagnosis or treatment focus.
3. Number of referral appointments for 'stress' related conditions/diagnosis

Following a search of our records, we can confirm that our systems do not record clinical data under a generalised category of 'stress-related' conditions. Diagnoses and referral reasons are recorded using specific clinical terminology or coding (e.g., ICD or SNOMED codes) such as "anxiety disorder", "hypertension", or "depression". As a result:

1. We are unable to provide aggregated data under the broad category of "stress-related" conditions without clarification of specific conditions or diagnostic codes.
2. Appointment and referral data are similarly coded by precise clinical terminology and not grouped under a general 'stress' classification.
3. To extract this information would require a manual review of individual patient records, which would exceed the appropriate cost and time limits set out in Section 12 of the Freedom of Information Act 2000.

If you are able to refine your request by specifying which clinical codes or exact conditions you are interested in (e.g., anxiety disorder, adjustment disorder, essential hypertension), we may be able to assist further within the scope of the Act.

If you are not satisfied with the handling of your request, you have the right to request an internal review. Requests for an internal review should be submitted within 40 working days from the date of this response, and should be addressed to d.wraith@nhs.net.

Our Ref: 393
June 2025

If you remain dissatisfied after the internal review, you have the right to appeal to the Information Commissioner's Office (ICO). The ICO can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF
Tel: 0303 123 1113
Website: <https://ico.org.uk/make-a-complaint/>

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