

# Announcement of methodological change

Improving Access to Psychological  
Therapies (IAPT) monthly reports

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**Information and technology**  
**for better health and care**

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## Introduction

This paper announces and describes changes to our routine monthly IAPT reports. From the April 2017 publication (January 2017 Final, February 2017 Provisional + Quarter 3 2016-17), the methodology used to calculate the following published measures will change:

- MeanHISessions
- MeanCBTSessions
- MeanBPDSessions
- MeanCounsellingSessions
- MeanIPTSessions
- MeanCouplesSessions
- MeanBehavActSessions
- MeanOtherHISessions
- MeanLISessions

These will now align with equivalent measures presented in Table 3a of the 2015-16 annual IAPT publication, available from <http://www.digital.nhs.uk/iaptreports>.

In addition, the suppression rules applicable to these measures will also change to align them with other measures in the monthly IAPT publications.

## Background

Improving Access to Psychological Therapies (IAPT) is an NHS programme in England that offers interventions approved by the National Institute for Health and Care Excellence (NICE)<sup>1</sup> for treating people with depression or anxiety.

The IAPT programme is supported by a regular return of data generated by providers of IAPT services in the course of delivering those services to patients. These data are received by NHS Digital and published in monthly and annual reports<sup>2</sup>.

NHS Digital conducts periodic reviews of our publications to assess their continuing suitability. A recent assessment flagged that the methodology for several measures of the mean number of treatment sessions could be improved upon in order to ensure that these statistics most accurately reflect their intended purpose.

In addition, for the same measures the assessment identified that the basis for suppressing these measures should be aligned with other measures in the publication, and from April 2017 this will be implemented also.

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<sup>1</sup> <https://www.nice.org.uk/>

<sup>2</sup> <http://www.digital.nhs.uk/iaptreports>

## Description of changes

The full changes made to each measure in terms of their logical construction in the dataset are explained in the table below. A worked example of the impact of the change is described in the following section.

Measure	Summary of change	Previous construction	New construction
MeanHISessions	<p>Previously based on the mean number of attended treatment appointments of any kind for each referral, where the last recorded therapy type was a high intensity therapy (last recorded not necessarily taken from the last appointment, and prioritised by THERTYPE1 field, then THERTYPE2, THERTYPE3, and THERTYPE4).</p> <p>New methodology is based on the mean number of attended treatment appointments for each referral where a high intensity therapy was recorded in any of the four therapy type fields. Count is based only on referrals that have at least one appointment with a high intensity therapy recorded.</p>	<p>Mean of IC_COUNT_TREATMENT_APPOINTMENTS per IC_PATHWAY_ID WHERE</p> <pre>(   Last therapy type is   (     WHEN THERTYPE1 IN ('40', '41', '42', '43', '44', '45', '46', '47', '48', '49', '50', '51') THEN THERTYPE1     WHEN THERTYPE2 IN ('40', '41', '42', '43', '44', '45', '46', '47', '48', '49', '50', '51') THEN THERTYPE2     WHEN THERTYPE3 IN ('40', '41', '42', '43', '44', '45', '46', '47', '48', '49', '50', '51') THEN THERTYPE3     WHEN THERTYPE4 IN ('40', '41', '42', '43', '44', '45', '46', '47', '48', '49', '50', '51') THEN THERTYPE4   )   AND ATTENDANCE IN (5,6)   AND APPTYPE IN ('2', '2 ', '2', '02', '3', '3 ', '3', '03', '5', '5 ', '5', '05')   AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y'   AND ENDDATE BETWEEN is within the period   AND IC_USE_PATHWAY_FLAG = 'Y'   AND MONTH_ID = reporting month   AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE   AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' )</pre>	<p>Mean of the following:</p> <pre>(   COUNT(APPOINTMENT_ID) per IC_PATHWAY_ID WHERE   (     THERTYPE1 IN ('40', '41', '42', '43', '44', '45', '46', '47', '48', '49', '50', '51') OR     THERTYPE2 IN ('40', '41', '42', '43', '44', '45', '46', '47', '48', '49', '50', '51') OR     THERTYPE3 IN ('40', '41', '42', '43', '44', '45', '46', '47', '48', '49', '50', '51') OR     THERTYPE4 IN ('40', '41', '42', '43', '44', '45', '46', '47', '48', '49', '50', '51')   )   AND ATTENDANCE IN (5,6)   AND APPTYPE IN ('2', '2 ', '2', '02', '3', '3 ', '3', '03', '5', '5 ', '5', '05')   AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y'   AND ENDDATE BETWEEN is within the period   AND IC_USE_PATHWAY_FLAG = 'Y'   AND MONTH_ID = reporting month   AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE   AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' )</pre>
MeanCBTSessions	<p>Previously based on the mean number of attended treatment appointments of any kind for each referral, where the last recorded therapy type was Cognitive Behaviour Therapy (last recorded not necessarily taken from the last appointment, and prioritised by THERTYPE1 field, then THERTYPE2,</p>	<p>Mean of IC_COUNT_TREATMENT_APPOINTMENTS per IC_PATHWAY_ID WHERE</p> <pre>(   Last therapy type is   (     WHEN THERTYPE1 = '50' THEN THERTYPE1</pre>	<p>Mean of the following:</p> <pre>(   COUNT(APPOINTMENT_ID) per IC_PATHWAY_ID WHERE   (     THERTYPE1 = '50' OR</pre>

	<p>THERTPY E3, and THERTYPE4). New methodology is based on the mean number of attended treatment appointments for each referral where Cognitive Behaviour Therapy was recorded in any of the four therapy type fields. Count is based only on referrals that have at least one appointment with a recorded therapy type of Cognitive Behaviour Therapy.</p>	<pre> WHEN THERTYPE2 = '50' THEN THERTYPE2 WHEN THERTYPE3 = '50' THEN THERTYPE3 WHEN THERTYPE4 = '50' THEN THERTYPE4 ) AND ATTENDANCE IN (5,6) AND APPTYPE IN ('2','2 ','2','02','3','3 ','3','03', '5','5 ','5','05') AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y' AND ENDDATE BETWEEN is within the period AND IC_USE_PATHWAY_FLAG = 'Y' AND MONTH_ID = reporting month AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' ) </pre>	<pre> THERTYPE2 = '50' OR THERTYPE3 = '50' OR THERTYPE4 = '50' ) AND ATTENDANCE IN (5,6) AND APPTYPE IN ('2','2 ','2','02','3','3 ','3','03', '5','5 ','5','05') AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y' AND ENDDATE BETWEEN is within the period AND IC_USE_PATHWAY_FLAG = 'Y' AND MONTH_ID = reporting month AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' ) </pre>
<p>MeanBPDSessions</p>	<p>Previously based on the mean number of attended treatment appointments of any kind for each referral, where the last recorded therapy type was Brief Psychodynamic Psychotherapy (last recorded therapy type is not necessarily taken from the last appointment, and prioritised by THERTYPE1 field, then THERTYPE2, THERTYPE3, and THERTYPE4). New methodology is based on the mean number of attended treatment appointments for each referral where Brief Psychodynamic Psychotherapy was recorded in any of the four therapy type fields. Count is based only on referrals that have at least one appointment with a recorded therapy type of Brief psychodynamic psychotherapy.</p>	<pre> Mean of IC_COUNT_TREATMENT_APOINTMENTS per IC_PATHWAY_ID WHERE ( Last therapy type is ( WHEN THERTYPE1 = '45' THEN THERTYPE1 WHEN THERTYPE2 = '45' THEN THERTYPE2 WHEN THERTYPE3 = '45' THEN THERTYPE3 WHEN THERTYPE4 = '45' THEN THERTYPE4 ) AND ATTENDANCE IN (5,6) AND APPTYPE IN ('2','2 ','2','02','3','3 ','3','03', '5','5 ','5','05') AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y' AND ENDDATE BETWEEN is within the period AND IC_USE_PATHWAY_FLAG = 'Y' ) </pre>	<pre> Mean of the following: ( COUNT(APPOINTMENT_ID) per IC_PATHWAY_ID WHERE ( THERTYPE1 = '45' OR THERTYPE2 = '45' OR THERTYPE3 = '45' OR THERTYPE4 = '45' ) AND ATTENDANCE IN (5,6) AND APPTYPE IN ('2','2 ','2','02','3','3 ','3','03', '5','5 ','5','05') AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y' AND ENDDATE BETWEEN is within the period ) </pre>

		<p>AND MONTH_ID = reporting month</p> <p>AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE</p> <p>AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01'</p> <p>)</p>	<p>AND IC_USE_PATHWAY_FLAG = 'Y'</p> <p>AND MONTH_ID = reporting month</p> <p>AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE</p> <p>AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01'</p> <p>)</p>
MeanCounsellingSessions	<p>Previously based on the mean number of attended treatment appointments of any kind for each referral, where the last recorded therapy type was Counselling for Depression (last recorded therapy type is not necessarily taken from the last appointment, and prioritised by THERTY PE1 field, then THERTY PE2, THERTY PE3, and THERTY PE4).</p> <p>New methodology is based on the mean number of attended treatment appointments for each referral where Counselling for Depression was recorded in any of the four therapy type fields. Count is based only on referrals that have at least one appointment with a recorded therapy type of Counselling for Depression.</p>	<p>Mean of IC_COUNT_TREATMENT_A PPOINTMENTS per IC_PATHWAY_ID WHERE</p> <p>(</p> <p>    Last therapy type is</p> <p>    (</p> <p>        WHEN THERTY PE1 = '44' THEN THERTY PE1</p> <p>        WHEN THERTY PE2 = '44' THEN THERTY PE2</p> <p>        WHEN THERTY PE3 = '44' THEN THERTY PE3</p> <p>        WHEN THERTY PE4 = '44' THEN THERTY PE4</p> <p>    )</p> <p>    AND ATTENDANCE IN (5,6)</p> <p>    AND APPTYPE IN ('2', '2 ', ' 2', '02', '3', '3 ', ' 3', '03', '5', '5 ', ' 5', '05')</p> <p>    AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y'</p> <p>    AND ENDDATE BETWEEN is w ithin the period</p> <p>    AND IC_USE_PATHWAY_FLAG = 'Y'</p> <p>    AND MONTH_ID = reporting month</p> <p>    AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE</p> <p>    AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01'</p> <p>)</p>	<p>Mean of the following:</p> <p>(</p> <p>    COUNT(APPOINTMENT_ID) per IC_PATHWAY_ID WHERE</p> <p>    (</p> <p>        THERTY PE1 = '44' OR</p> <p>        THERTY PE2 = '44' OR</p> <p>        THERTY PE3 = '44' OR</p> <p>        THERTY PE4 = '44'</p> <p>    )</p> <p>    AND ATTENDANCE IN (5,6)</p> <p>    AND APPTYPE IN ('2', '2 ', ' 2', '02', '3', '3 ', ' 3', '03', '5', '5 ', ' 5', '05')</p> <p>    AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y'</p> <p>    AND ENDDATE BETWEEN is w ithin the period</p> <p>    AND IC_USE_PATHWAY_FLAG = 'Y'</p> <p>    AND MONTH_ID = reporting month</p> <p>    AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE</p> <p>    AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01'</p> <p>)</p>
MeanIPTSessions	<p>Previously based on the mean number of attended treatment appointments of any kind for each referral, where the</p>	<p>Mean of IC_COUNT_TREATMENT_A PPOINTMENTS per IC_PATHWAY_ID WHERE</p>	<p>Mean of the following:</p> <p>(</p>

	<p>last recorded therapy type was Interpersonal Psychotherapy (last recorded therapy type is not necessarily taken from the last appointment, and prioritised by THERTY PE1 field, then THERTY PE2, THERTY PE3, and THERTY PE4).</p> <p>New methodology is based on the mean number of attended treatment appointments for each referral where Interpersonal Psychotherapy was recorded in any of the four therapy type fields. Count is based only on referrals that have at least one appointment with a recorded therapy type of Interpersonal psychotherapy.</p>	<pre>(   Last therapy type is   (     WHEN THERTY PE1 = '51' THEN THERTY PE1     WHEN THERTY PE2 = '51' THEN THERTY PE2     WHEN THERTY PE3 = '51' THEN THERTY PE3     WHEN THERTY PE4 = '51' THEN THERTY PE4   )   AND ATTENDANCE IN (5,6)   AND APPTYPE IN ('2', '2 ', ' 2', '02', '3', '3 ', ' 3', '03',     '5', '5 ', ' 5', '05')   AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y'   AND ENDDATE BETWEEN is within the period   AND IC_USE_PATHWAY_FLAG = 'Y'   AND MONTH_ID = reporting month   AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE   AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' )</pre>	<pre>COUNT(APPOINTMENT_ID) per IC_PATHWAY_ID WHERE (   THERTY PE1 = '51' OR   THERTY PE2 = '51' OR   THERTY PE3 = '51' OR   THERTY PE4 = '51' ) AND ATTENDANCE IN (5,6) AND APPTYPE IN ('2', '2 ', ' 2', '02', '3', '3 ', ' 3', '03',   '5', '5 ', ' 5', '05') AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y' AND ENDDATE BETWEEN is within the period AND IC_USE_PATHWAY_FLAG = 'Y' AND MONTH_ID = reporting month AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' )</pre>
<p>MeanCouplesSessions</p>	<p>Previously based on the mean number of attended treatment appointments of any kind for each referral, where the last recorded therapy type was Couples Therapy for Depression (last recorded not necessarily taken from the last appointment, and prioritised by THERTY PE1 field, then THERTY PE2, THERTY PE3, and THERTY PE4).</p> <p>New methodology is based on the mean number of attended treatment appointments for each referral where Couples Therapy for Depression was recorded in any of the four therapy type fields. Count is based only on referrals that have at least one</p>	<pre>Mean of IC_COUNT_TREATMENT_APPOINTMENTS per IC_PATHWAY_ID WHERE (   Last therapy type is   (     WHEN THERTY PE1 = '42' THEN THERTY PE1     WHEN THERTY PE2 = '42' THEN THERTY PE2     WHEN THERTY PE3 = '42' THEN THERTY PE3     WHEN THERTY PE4 = '42' THEN THERTY PE4   )   AND ATTENDANCE IN (5,6)   AND APPTYPE IN ('2', '2 ', ' 2', '02', '3', '3 ', ' 3', '03',     '5', '5 ', ' 5', '05')</pre>	<p>Mean of the following:</p> <pre>(   COUNT(APPOINTMENT_ID) per IC_PATHWAY_ID   WHERE   (     THERTY PE1 = '42' OR     THERTY PE2 = '42' OR     THERTY PE3 = '42' OR     THERTY PE4 = '42'   )   AND ATTENDANCE IN (5,6)   AND APPTYPE IN ('2', '2 ', ' 2', '02', '3', '3 ', ' 3', '03',     '5', '5 ', ' 5', '05')</pre>

	<p>appointment with a recorded therapy type of Couples Therapy for Depression.</p>	<pre> AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y' AND ENDDATE BETWEEN is within the period AND IC_USE_PATHWAY_FLAG = 'Y' AND MONTH_ID = reporting month AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01'         )                     </pre>	<pre> AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y' AND ENDDATE BETWEEN is within the period AND IC_USE_PATHWAY_FLAG = 'Y' AND MONTH_ID = reporting month AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01'         )                     </pre>
<p>MeanBehavActSessions</p>	<p>Previously based on the mean number of attended treatment appointments of any kind for each referral, where the last recorded therapy type was Behavioural Activation (High Intensity) (last recorded not necessarily taken from the last appointment, and prioritised by THERYPE1 field, then THERYPE2, THERYPE3, and THERYPE4).</p> <p>New methodology is based on the mean number of attended treatment appointments for each referral where Behavioural Activation (High Intensity) was recorded in any of the four therapy type fields. Count is based only on referrals that have at least one appointment with a recorded therapy type of Behavioural Activation (High Intensity).</p>	<pre> Mean of IC_COUNT_TREATMENT_APPOINTMENTS WHERE (     Last therapy type is     (         WHEN THERYPE1 = '41' THEN THERYPE1         WHEN THERYPE2 = '41' THEN THERYPE2         WHEN THERYPE3 = '41' THEN THERYPE3         WHEN THERYPE4 = '41' THEN THERYPE4     )     AND ATTENDANCE IN (5,6)     AND APPTYPE IN ('2', '2 ', ' 2', '02', '3', '3 ', ' 3', '03', '5', '5 ', ' 5', '05')     AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y'     AND ENDDATE BETWEEN is within the period     AND IC_USE_PATHWAY_FLAG = 'Y'     AND MONTH_ID = reporting month     AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE     AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' )                     </pre>	<p>Mean of the following:</p> <pre> (     COUNT(APPOINTMENT_ID) per IC_PATHWAY_ID     WHERE     (         THERYPE1 = '41' OR         THERYPE2 = '41' OR         THERYPE3 = '41' OR         THERYPE4 = '41'     )     AND ATTENDANCE IN (5,6)     AND APPTYPE IN ('2', '2 ', ' 2', '02', '3', '3 ', ' 3', '03', '5', '5 ', ' 5', '05')     AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y'     AND ENDDATE BETWEEN is within the period     AND IC_USE_PATHWAY_FLAG = 'Y'     AND MONTH_ID = reporting month     AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE     AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' )                     </pre>

<p>MeanOtherHISessions</p>	<p>Previously based on the mean number of attended treatment appointments of any kind for each referral, where the last recorded therapy type was any other High Intensity therapy not included elsewhere (last recorded not necessarily taken from the last appointment, and prioritised by THERTY PE1 field, then THERTY PE2, THERTY PE3, and THERTY PE4).</p> <p>New methodology is based on the mean number of attended treatment appointments for each referral where any other High Intensity therapy not included elsewhere was recorded in any of the four therapy type fields. Count is based only on referrals that have at least one appointment with a recorded therapy type of Other High Intensity.</p>	<p>Mean of IC_COUNT_TREATMENT_APPOINTMENTS per IC_PATHWAY_ID WHERE</p> <pre>(   Last therapy type is   (     WHEN THERTY PE1 IN ('40', '43', '46', '47', '48', '49')     THEN THERTY PE1     WHEN THERTY PE2 IN ('40', '43', '46', '47', '48', '49')     THEN THERTY PE2     WHEN THERTY PE3 IN ('40', '43', '46', '47', '48', '49')     THEN THERTY PE3     WHEN THERTY PE4 IN ('40', '43', '46', '47', '48', '49')     THEN THERTY PE4   )   AND ATTENDANCE IN (5,6)   AND APPTYPE IN ('2', '2 ', '2', '02', '3', '3 ', '3', '03', '5', '5 ', '5', '05')   AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y'   AND ENDDATE BETWEEN is within the period   AND IC_USE_PATHWAY_FLAG = 'Y'   AND MONTH_ID = reporting month   AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE   AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' )</pre>	<p>Mean of the following:</p> <pre>(   COUNT(APPOINTMENT_ID) per IC_PATHWAY_ID   WHERE   (     THERTY PE1 IN ('40', '43', '46', '47', '48', '49') OR     THERTY PE2 IN ('40', '43', '46', '47', '48', '49') OR     THERTY PE3 IN ('40', '43', '46', '47', '48', '49') OR     THERTY PE4 IN ('40', '43', '46', '47', '48', '49')   )   AND ATTENDANCE IN (5,6)   AND APPTYPE IN ('2', '2 ', '2', '02', '3', '3 ', '3', '03', '5', '5 ', '5', '05')   AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y'   AND ENDDATE BETWEEN is within the period   AND IC_USE_PATHWAY_FLAG = 'Y'   AND MONTH_ID = reporting month   AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE   AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' )</pre>
<p>MeanLISessions</p>	<p>Previously based on the mean number of attended treatment appointments of any kind for each referral, where the last recorded therapy type was a low intensity therapy (last recorded therapy type is not necessarily taken from the last appointment, and prioritised by THERTY PE1 field, then THERTY PE2,</p>	<p>Mean of IC_COUNT_TREATMENT_APPOINTMENTS per IC_PATHWAY_ID WHERE</p> <pre>(   Last therapy type is   (     WHEN THERTY PE1 IN ('20', '21', '22', '23', '24', '25', '26', '27', '28', '29') THEN THERTY PE1</pre>	<p>Mean of the following:</p> <pre>(   COUNT(APPOINTMENT_ID) per IC_PATHWAY_ID   WHERE   (     THERTY PE1 IN ('20', '21', '22', '23', '24', '25', '26', '27', '28', '29') OR</pre>

	<p>THERTPYE3, and THERTYPE4).</p> <p>New methodology is based on the mean number of attended treatment appointments for each referral where a low intensity therapy was recorded in any of the four therapy type fields. Count is based only on referrals that have at least one appointment with a low intensity therapy recorded.</p>	<pre> WHEN THERTYPE2 IN ('20', '21', '22', '23', '24', '25', '26', '27', '28', '29') THEN THERTYPE2 WHEN THERTYPE3 IN ('20', '21', '22', '23', '24', '25', '26', '27', '28', '29') THEN THERTYPE3 WHEN THERTYPE4 IN ('20', '21', '22', '23', '24', '25', '26', '27', '28', '29') THEN THERTYPE4 ) AND ATTENDANCE IN (5,6) AND APPTYPE IN ('2', '2 ', '2', '02', '3', '3 ', '3', '03', '5', '5 ', '5', '05') AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y' AND ENDDATE BETWEEN is within the period AND IC_USE_PATHWAY_FLAG = 'Y' AND MONTH_ID = reporting month AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' ) </pre>	<pre> THERTYPE2 IN ('20', '21', '22', '23', '24', '25', '26', '27', '28', '29') OR THERTYPE3 IN ('20', '21', '22', '23', '24', '25', '26', '27', '28', '29') OR THERTYPE4 IN ('20', '21', '22', '23', '24', '25', '26', '27', '28', '29') ) AND ATTENDANCE IN (5,6) AND APPTYPE IN ('2', '2 ', '2', '02', '3', '3 ', '3', '03', '5', '5 ', '5', '05') AND IC_v1_5_COMPLETED_TREATMENT_FLAG = 'Y' AND ENDDATE BETWEEN is within the period AND IC_USE_PATHWAY_FLAG = 'Y' AND MONTH_ID = reporting month AND APPOINTMENT BETWEEN REFRECDATE AND ENDDATE AND IC_DATE_FIRST_THERAPEUTIC_SESSION &gt;= '2014-07-01' ) </pre>
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## Worked example

The below example shows how the previous and new methodologies for these measures differ, using the MeanCBTSessions measure to demonstrate.

The following appointments exist in the dataset for two referrals (assuming that the referrals have finished treatment in the month and that the appointments are attended, treatment appointments):

### Referral 1:

Appointment date	Therapy 1	Therapy 2	Therapy 3	Therapy 4
2016-07-14	50	NULL	NULL	NULL
2016-08-10	50	NULL	NULL	NULL
2016-09-17	22	50	NULL	NULL
2016-10-09	22	NULL	NULL	NULL
2016-11-22	50	47	22	NULL
2016-12-30	47	NULL	NULL	NULL
2017-01-05	50	NULL	NULL	NULL

### Referral 2:

Appointment date	Therapy 1	Therapy 2	Therapy 3	Therapy 4
2016-08-09	50	NULL	NULL	NULL
2016-09-12	20	NULL	NULL	NULL
2016-09-30	22	50	NULL	NULL
2016-10-15	50	NULL	NULL	NULL
2016-11-01	50	47	NULL	NULL
2016-12-07	47	NULL	NULL	NULL
2017-01-12	47	NULL	NULL	NULL

The previous methodology looks firstly at the last recorded therapy type, subsequently looking at the count of all appointments for each pathway (regardless of whether or not they contained that therapy) and taking a mean of this count for all pathways. So for CBT, which has a therapy type code of '50', the count of appointments for referral 1 is 7 and the count of appointments for referral 2 is 0 (since the last recorded therapy type is not CBT). This gives a mean of  $7+0 / 2 = 3.5$ .

The new methodology looks firstly for the presence of at least one appointment containing that therapy (regardless of where in the pathway this occurs), and then counts only appointments where that therapy is present, and then takes a mean of this count for all pathways. So for CBT, which has a therapy type code of '50', the count of appointments for referral 1 is 5 and the count of appointments for referral 2 is 4. This gives a mean of  $5 + 4 / 2 = 4.5$ .

## Changes to suppression

Suppression for these measures had previously been based on the number of referrals where the last recorded therapy type identified was the one in question, and values were suppressed where this count was less than 5 (including zero). Suppression will now be based on the count of referrals with at least one instance of the relevant therapy type(s) is less than 5 (including zeros).

## Further information

### Key resources

For an explanation of all measures in the Monthly & Quarterly Activity Data File CSVs, see the [IAPT Metadata Document](#).

For general guidance about IAPT publications, see the [IAPT Reporting FAQs](#).

For all historical IAPT publications, see <http://www.digital.nhs.uk/iaptreports>.

For the specification of the IAPT dataset, see the [IAPT v1.5 Technical Output Specification](#).

For the Public Health England Common Mental Health Disorder Profiling Tool ('Fingertips tool'), see <http://fingertips.phe.org.uk/profile-group/mental-health/profile/common-mental-disorders>.

## NHS Digital IAPT webpages

For context and resources related to monthly IAPT publications:  
<http://www.digital.nhs.uk/iaptmonthly>

For links to all historical IAPT publications:  
<http://www.digital.nhs.uk/iaptreports>

For resources related to the IAPT dataset:  
<http://www.digital.nhs.uk/iapt>

# Information and technology for better health and care

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