



**Kent and Medway**  
NHS and Social Care Partnership Trust

Information Governance & Records Management Department

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Sent via email

Dear [REDACTED]

### Request for Information

I write further to your request FOI ID 46998 under the Freedom of Information Act 2000 regarding: -

Procurement of digital technologies, e-therapies, internet-delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics for adult mental health problems

Your request is set out below:

1. Please state any digital technologies, e-therapies, internet-delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics for **adult mental health problems** that your Trust has **procured, contracted or are paid for by the service** for use by service users. For example, these might include, but are not limited to, internet-delivered cognitive behaviour (CBT) with or without therapist support, smartphone applications, web applications or programmes, wearables (including devices or sensors) or extended reality technologies (i.e. virtual reality, augmented reality). Format this as a list indicating which have been **procured, contracted or paid for by the service**.

**N/A – The Trust has not procured, contracted or are paid for any Digital Therapies.**

2. Additionally, please state any digital technologies, e-therapies, internet-delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics for **adult mental health problems** that your Trust **uses or recommends** to service users. For example, these might include, but are not limited to, internet-delivered cognitive behaviour (CBT) with or without therapist support, smartphone applications, web applications or programmes, wearables (including devices or sensors) or extended reality technologies (i.e. virtual reality, augmented reality). Format this as a list indicating **which are recommended and which are used** by the Trust.

**The Trust does not hold a register of recommended or used digital technologies, e-therapies, internet delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics.**

Trust staff may on occasion reference a digital platform that could assist a service user however this data would be held within individual clinical records and archive systems which cannot be extracted as a standalone piece of data. In order to extract the requested information and collate the results would require a manual exercise to identify and review clinical records and would exceed the appropriate time limits, as per the Freedom of Information Act 2000 section 12(1) which does not

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Trust Chair – Dr Jackie Craissati  
Chief Executive – Sheila Stenson

oblige a public authority to comply with a request for information if the authority estimates that the cost of complying with the request would exceed the appropriate limit.

The Trusts website does provide an online resource for carers and services users which includes a link to the Kent and Medway Integrated Care System – Mental Wellbeing Information Hub which has further information around help and support available - [Mental Wellbeing Information Hub :: Kent & Medway ICS](#)

3. For the period of 2023/24, please provide any data monitoring information you collect on the technologies listed above. For example, the number of people that have been recommended or reported using the technologies, how long they continued to use the technology or whether there was a reported benefit from their use. Please state where this data is collected from (e.g. the technology providers or from the service).

N/A

4. Please list any Talking Therapies (formerly known as IAPT) providers that run services on your behalf or in connection with your Trust.

The Talking Therapies services are provided by Kent and Medway Talking Therapies – further information can be located via their website - <https://kmtalkingtherapies.co.uk/>

5. If these services are not run directly by the NHS please state who runs them and what they are (e.g. Social Enterprise, Limited Company, third sector group).

The Talking Therapies services are provided by Kent and Medway Talking Therapies – further information can be located via their website - <https://kmtalkingtherapies.co.uk/>

6. Please state any organisations or third parties (e.g. ORCHA) you have partnered with or commissioned to create or provide an app library.

N/A

7. For the period 2023/24 please state the total number of people your Trust treated for common mental health problems – anxiety & depression, including how many were treated for each problem - Bi

Financial Year	Referral Reason	Number of Patients
2023/2024	Anxiety	3678
2023/2024	Depression	6465

Please note the data provided above relates to referrals received into the Trust with a reason of either anxiety, depression or anxiety and depression during the 2023/2024 financial year. Therefore, the number of patients may not be a true reflection of those actually treated as a referral for anxiety and depression would be counted on each referral reason.

I confirm that the information above completes your request under the Freedom of Information Act 2000. I am also pleased to confirm that no charge will be made for this request.

If you have any questions or concerns or are unhappy with the response provided or the service you have received you can write to the Head of Information Governance at the address on top of this letter. If you are not content with the outcome of your complaint, you may apply directly to the Information Commissioner for a decision.

Yours Sincerely

On Behalf of  
The Information Governance Department