NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

NICE indicator guidance

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# Indicator CCG41

The proportion of people of all ages with depression and anxiety who clinically recover following talking therapies.

# Indicator type

Clinical commissioning group indicator

# Rationale

Talking therapies play an important role in aiding recovery for people with depression and anxiety. Talking therapies are important for all ages but it is particularly important that they are available to people aged over 65 as this group has been identified as underrepresented within these services.

# Source guidance

[Depression in adults. NICE guideline NG222 (2022)](https://www.nice.org.uk/guidance/ng222)

[Social anxiety disorder: recognition, assessment and treatment. NICE guideline CG159](https://www.nice.org.uk/guidance/cg159)  (2013)

[Common mental health problems: identification and pathways to care. NICE guideline CG123](https://www.nice.org.uk/guidance/cg123)  (2011)

[General anxiety disorder and panic disorder in adults: management NICE guideline CG113](https://www.nice.org.uk/guidance/cg113) (2011)

[Depression in adults with a chronic physical health problem: recognition and management NICE guideline CG91](https://www.nice.org.uk/guidance/cg91) (2009)

# Specification

Numerator: The number of people in the denominator who clinically recover following talking therapies.

Denominator: The number of referrals of people of all ages with depression and anxiety who have completed their talking therapy.

Calculation: (Numerator/denominator)\*100

Exclusions: Activity relating to the provision of Children and Young People’s (CYP) IAPT services.

Data source: [Improving Access to Psychological Therapies Data Set](https://digital.nhs.uk/data-and-information/information-standards/information-standards-and-data-collections-including-extractions/publications-and-notifications/standards-and-collections/dcb-1520-improving-access-to-psychological-therapies-data-set)

Minimum population: The indicator would be appropriate to assess performance of individual CCGs.

# Further information

This is NICE indicator guidance, which is part of the [NICE menu of indicators](https://www.nice.org.uk/Standards-and-Indicators/index). This document does not represent formal NICE guidance.