NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

# NICE indicator guidance

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## Indicator NM123

The percentage of patients with a new diagnosis of depression and/or anxiety disorder in the preceding 1 April to 31 March, whose notes record an offer of referral for psychological treatment within 3 months of the date of diagnosis.

## Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

## Rationale

This indicator aims to ensure that people with a new diagnosis of either depression or anxiety disorder are offered referral for psychological treatments. Psychological interventions can be effective treatments that aim to restore health through the relief of symptoms and restoration of function.

## Source guidance

[Depression in adults. NICE guideline NG222](https://www.nice.org.uk/guidance/ng222) (2022), recommendations 1.5.2 and 1.6.1

[Post-traumatic stress disorder. NICE guideline NG116](https://www.nice.org.uk/guidance/ng116) (2018), recommendations 1.6.6, 1.6.7 and 1.6.11.

[Social anxiety disorder: recognition, assessment, and treatment. NICE guideline CG159](https://www.nice.org.uk/guidance/cg159) (2013), recommendation 1.3.2.

[Common mental health problems: identification and pathways to care. NICE guideline CG123](https://www.nice.org.uk/guidance/cg123) (2011), recommendation 1.4.1.4.

[Obsessive-compulsive disorder and body dysmorphic disorder: treatment. NICE guideline CG31](https://www.nice.org.uk/guidance/cg31) (2005) recommendation 1.5.1.8.

## Specification

Numerator: The number of patients in the denominator whose notes record an offer of referral for psychological treatment within 3 months of the date of diagnosis

Denominator: The number of patients with a new diagnosis of depression and/or anxiety disorder in the preceding 1 April to 31 March.

Calculation:(Numerator/denominator)\*100

Minimum population: The indicator would be appropriate to assess performance at individual general practice level.

Reporting: Where local commissioning arrangements allow patients to self-refer to these services then this should be recorded using the appropriate Read codes and these patients will be included in the numerator for this indicator. When an offer is made but the referral is declined by the patient then these patients will also be included in the numerator for this indicator.

When a patient is recorded as having a new diagnosis of both depression and anxiety then the offer of referral will be evaluated against the earliest of these diagnoses.

## 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.