

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## QUALITY STANDARD TOPIC OVERVIEW

### 1 Quality standard title

Anxiety

### 2 Introduction

#### 2.1 *NICE quality standards*

NICE quality standards are concise sets of statements designed to drive and measure priority quality improvements within a particular area of care.

The standards are derived from NICE guidance and other guidance [accredited](#) by NICE. They are developed independently by NICE, in collaboration with NHS and social care professionals, their partners and service users. Recommendations relating to effectiveness and cost effectiveness, people's experience of using services, safety issues, equality and cost impact are considered during the development process.

NICE quality standards are central to supporting the Government's vision for an NHS and social care system that is focused on delivering the best possible outcomes for people who use services as detailed in the [Health and Social Care Act \(2012\)](#).

The quality standard development process is described in detail on the [NICE website](#).

#### 2.2 *This topic overview*

This topic overview describes core elements of the quality standard. These include the population and condition to be covered, key source guidance to be used to underpin potential quality statements, any related quality standards, published current practice information and national or routine indicators and performance measures.

If the source guidance is not NICE guidance, it should meet the minimum quality criteria defined in NICE's [accreditation](#) programme.

### **3 This quality standard**

The development of the quality standard will begin in May 2013 and is expected to take 10 months to complete.

#### **3.1 *Population and condition to be covered***

This quality standard will consider the identification and management of anxiety disorders in primary, secondary and community care.

#### **3.2 *Key development sources (NICE and NICE-accredited sources)***

##### **Primary sources**

- [Common mental health disorders: identification and pathways to care](#). NICE clinical guideline 123 (2011).
- [Generalised anxiety disorder and panic disorder \(with or without agoraphobia\) in adults](#). NICE clinical guideline 113 (2011).

##### **Other sources that may be used**

- [Social anxiety disorder: recognition, assessment and treatment](#). NICE clinical guideline (publication expected May 2013).
- [Post-traumatic stress disorder \(PTSD\): the management of PTSD in adults and children in primary and secondary care](#). NICE clinical guideline 26 (2005).
- [Core interventions in the treatment of obsessive-compulsive disorder and body dysmorphic disorder](#). NICE clinical guideline 31 (2005).

##### **Key policy documents, reports and national audits**

Relevant national policy documents, reports and audits will be used to inform the development of the quality standard.

- [Anxiety](#). Map of Medicine (2012).

- [National Audit of Psychological Therapies for Anxiety and Depression](#). Healthcare Quality Improvement Partnership (2011).
- [The competences required to deliver effective cognitive and behavioural therapy for people with depression and with anxiety disorders](#). Department of Health (2007).

### **3.3 Related NICE quality standards**

#### **Published**

- [Patient experience in adult NHS services](#). NICE quality standard 15 (2012).
- [Service user experience in adult mental health](#). NICE quality standard 14 (2011).
- [Depression in adults](#). NICE quality standard 8 (2011).
- [Health and wellbeing of looked-after children](#). NICE quality standard 31 (2013).

#### **In development**

- [Depression in children and young people](#). NICE quality standard (publication expected September 2013).
- [Mental wellbeing of older people in residential care](#). NICE quality standard (publication expected December 2013).

#### **Quality standards topic library**

In March 2012, the Department of Health referred a [library of quality standard topics](#) for the NHS to NICE for development.

This quality standard will be developed in the context of the NICE quality standard topic library, including the following quality standards scheduled for future development:

- Antenatal and postnatal mental health.
- Managing the transition from children's to adult services.
- Mental health problems with learning disability.

## 4 Existing indicators

- [Improving Access to Psychological Therapies, Key Performance Indicators \(IAPT KPIs\)](#). Health and Social Care Information Centre.

## 5 Further information

See the NICE website for more information about [NICE quality standards](#) and the [progress of this quality standard](#).