



# Depression and anxiety: recovery following talking therapies

NICE indicator

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[www.nice.org.uk/indicators/ind26](https://www.nice.org.uk/indicators/ind26)

## Indicator

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

## Indicator type

Network / system level indicator.

The indicator would be appropriate to understand and report on the performance of networks or systems of providers.

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#).

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#).

## 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: treatment and management. NICE guideline NG222 \(2022\)](#)

[Social anxiety disorder: recognition, assessment and treatment. NICE guideline CG159 \(2013\)](#)

[Common mental health problems: identification and pathways to care. NICE guideline CG123 \(2011\)](#)

[Generalised anxiety disorder and panic disorder in adults: management. NICE guideline CG113 \(2011, updated 2020\)](#)

[Depression in adults with a chronic physical health problem: recognition and management. NICE guideline 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

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who have completed their talking therapy.

Calculation: Numerator divided by the denominator, multiplied by 100.

Exclusions: Activity relating to the provision of Children and Young People's Improving Access to Psychological Therapies (IAPT) services.

Data source: [IAPT Data Set](#).

Minimum population: The indicator would be appropriate to assess the performance of networks or systems of providers.

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