Depression and anxiety: recovery post-IAPT

NICE indicator

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www.nice.org.uk/indicators/ind37

Indicator

The proportion of people treated by Improving Access to Psychological Therapies (IAPT) for anxiety disorders who return to full function.

Indicator type

Network / system level indicator.

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

Rationale

Anxiety disorders can vary in their severity but are associated with significant long-term disability. While an anxiety disorder may remain as a lifelong diagnosis, signs and symptoms of the anxiety disorder can be improved with appropriate treatment.

Source guidance

Post-traumatic stress disorder. NICE guideline NG116 (2018)

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)

Obsessive-compulsive disorder and body dysmorphic disorder: treatment. NICE guideline CG31 (2005)

Specification

Numerator: The number of patients in the denominator who return to full function.

Denominator: The number of patients with a finished course of treatment and a problem descriptor (provisional diagnosis) of anxiety disorder (that were initially at caseness).

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

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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