



Depression and anxiety: recovery post-IAPT

NICE indicator

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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.

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

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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