

Improving Access to Psychological Therapies



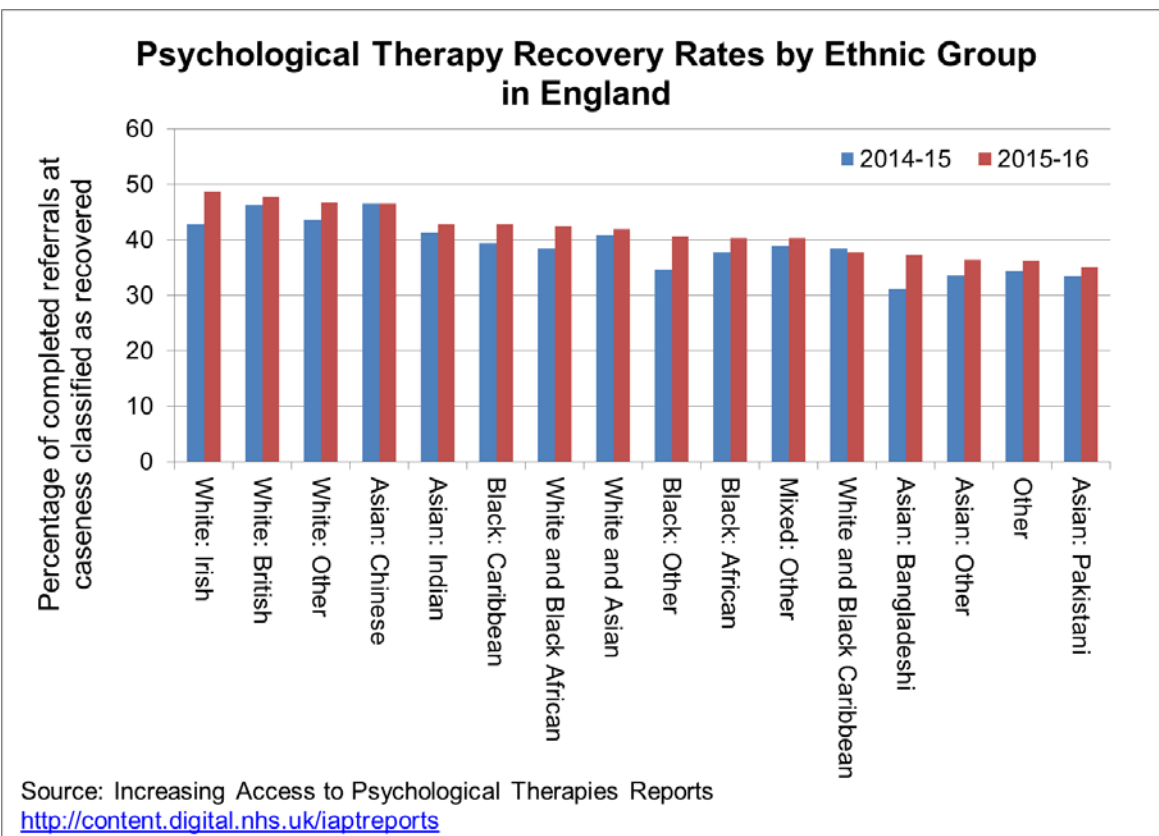
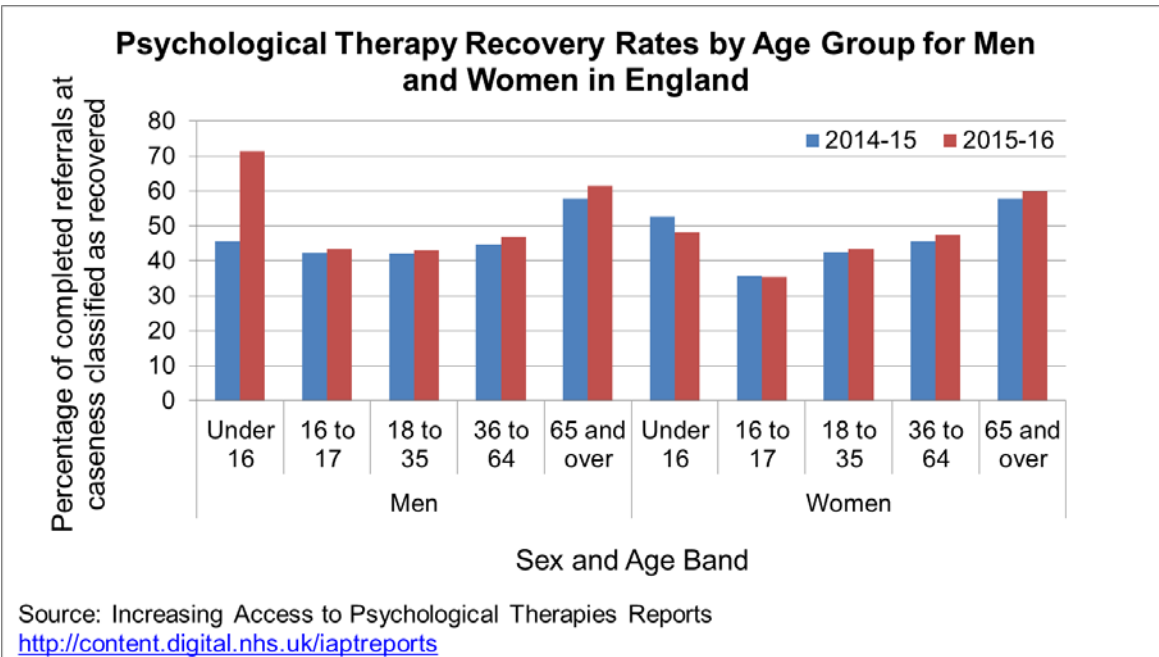
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Improving Access to Psychological Therapies (IAPT) is a national programme which commenced in 2008. The aim is to increase the availability of psychological therapies within the NHS. IAPT services provide treatment for people with anxiety and depression. Recovery rates improved for all gender and age bands between 2014-15 and 2015-16 except for females under 16; over the same period recovery rates improved for all bar two ethnic groups. The recovery rate was static for Chinese people but for the White and Caribbean ethnic group it declined slightly.



The charts below shows referral rates increased for all ethnic groups; they were higher for Black Caribbean people than for White British people. There were lower rates for some ethnic groups such as Chinese people.

