

## FOI\_0325\_22/22 – FOI request concerning - Waiting Time for Borderline Personality Disorder (BPD) Referrals

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1. **What are the current waiting times in the places your trust provides services for (Southampton, Portsmouth and parts of Hampshire and the Isle of Wight) for patients diagnosed with Borderline Personality Disorder (BPD) to receive talking therapies on the NHS?**

Across the requested time period (April 2019-March 2021) for both of these therapies (100 service users in total):

- 16 waited under 3 months.
- 5 waited 3-5 months.
- 54 waited 6-11 months.
- 24 waited 12-17 months.
- 1 waited over 18 months.

These numbers are for Dialectical Behaviour Therapy (DBT), all of whom would have a diagnosis of Emotionally Unstable Personality (EUPD, we tend to use this term rather than Borderline Personality Disorder as we use the ICD rather than DSM diagnostic system in the UK). The numbers are also for trauma therapy, this is either for Cognitive Behavioural Therapy (CBT) or eye Movement Desensitization Reprocessing (EMDR). Some but not all the service users referred for trauma therapy will have EUPD. However we cannot unfortunately break down the numbers further only by those with a diagnosis of EUPD for the this therapy.