

Freedom of Information Act 2000 disclosure log entry

Reference

23-24265

Date response sent

05/10/23

Subject

Binge Eating Disorder

Details of enquiry

1. Is the Trust commissioned to provide a service for patients **assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)**?
 - a) For under 18s
 - b) For 18+ year olds
2. If “no” to question 2 a) and/or b), does the Trust provide any kind of treatment for patients **assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)** or signpost them to services provided by other organisations?
 - a) For under 18s
 - b) For 18+ year olds
3. Please outline the services that the Trust provides for patients **assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)**, including:
 - a) The **types of treatment** that the Trust provides **specifically for Binge Eating Disorder (BED)** (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED]) and,
 - b) **how these are provided** (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care-based mental health services, Weight management services or otherwise).
*In the case of self-help, please specify whether this is guided or unguided.
Please specify the names of all applicable services and the ICBs (CCGs) or local authorities that commission them. If the Trust provides more than one relevant service, please list answers to part a) separately against each.*
4. If applicable, please describe any **service restrictions/eligibility criteria** around accessing treatment **specifically for Binge Eating Disorder (BED)** (e.g. age, weight/BMI, comorbidity, severity etc). *If the Trust provides more than one relevant service, please list answers separately against each.*
 - a) For under 18s
 - b) For 18+ year olds

Response sent

The Tavistock and Portman NHS Foundation Trust is not a hospital, it is a specialist mental health Trust which provides outpatient, and mainly psychological, services. We do not provide any acute services nor inpatient patient care. This is relevant to your reading and understanding of our responses below.

The Tavistock and Portman NHS Foundation Trust does not provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)

A. Adult eating disorders services:

We do not diagnose adult eating disorders, and do not have a dedicated service dealing with this, though we might work with adults' eating problems as part of an overall mental health presentation. Our intake for adult patients is not led by a primary psychiatric diagnosis, as we work with a psychodynamic model of formulation.

B. Adolescent/ child eating disorder services

We do not provide a specialist Eating Disorders Service for children and young people. In the Integrated Care Board (ICB) for North Central London (NCL), the commissioned pathway for young people with an eating disorder is The Royal Free Hospital in Hampstead, NW London and we cannot report on the number of Children/Young People seen within our services with dual diagnoses.

. We do provide an early intervention, Community CYP Eating Difficulties Service, for young people aged 8 to 18 years and who reside in the NCL. This service provides support to children, young people and families who experience a range of mild to moderate eating difficulties and other presentations.

The Trust does not employ any dietitians within the Community CYP Eating Difficulties Team.