

Reference:	FOI.17357.25
Subject:	Compulsive Buying Disorder (CBD) or Oniomania
Date of Request:	19 May 2025

Requested:

This query relates to shopping addiction, which is also known as Compulsive Buying Disorder (CBD) or Oniomania. Could the information please be provided in financial years.

For background, I have been advised that:

GPs or NHS talking therapies would be the first point of call for such patients.

Generally, those diagnosed with the condition would rarely be diagnosed with it on its own as other mental health problems are likely to be present as well.

The ICD-11 diagnosis criteria may be used and under that, this condition could be listed as 'obsessive compulsive disorder - other' (which was what gambling used to be noted as before it was added to the diagnosis criteria)

1. How many people have been identified as possibly having the condition (Compulsive Buying Disorder - CBD) during the following periods:
 - 2020/21
 - 2021/22
 - 2022/23
 - 2023/24
 - 2024/25
 - 2025-to date
2. What is the age and gender of those mentioned above?
3. If someone presented to the NHS with this condition, what support or treatment options are available?
4. How many people have been identified as having Compulsive Buying Disorder (CBD) alongside another mental health diagnosis? E.g OCD or ADHD.
5. What is the age and gender of those mentioned above?
6. How many people have been identified as having a behavioural addiction e.g gambling, porn or gaming, during the following periods:
 - 2020/21
 - 2021/22
 - 2022/23
 - 2023/24
 - 2024/25
 - 2025-to date
7. What is the age and gender of those identified above?

8. How many people have been identified as having a behavioural addiction which are partly (or wholly) linked to screen usage e.g gambling, porn or gaming, during the following periods:

- 2020/21
- 2021/22
- 2022/23
- 2023/24
- 2024/25
- 2025-to date

9. What is the age and gender of those identified in question 8?

For questions 2, 5 7 and 9, I am not requesting any information that would identify patients.

Response:

Hywel Dda University Health Board (UHB) is unable to provide you with all the information requested, as it is estimated that the cost of answering your request would exceed the “appropriate limit” as stated in the Freedom of Information Act 2000 and the Data Protection (Appropriate Limit and Fees) Regulations 2004. The “appropriate limit” represents the estimated cost of one person spending 18 hours (or 2½ working days) in determining whether the UHB holds the information, and locating, retrieving and extracting the information.

The UHB does not have a specific code for the recording of Behavioural Addictions. Therefore, in order to provide you with the information requested the UHB would be required to undertake a manual trawl of all Mental Health (MH) records, for the requested periods, to identify any information that would fulfil your request, as this information is not recorded centrally.

The UHB is therefore applying an exemption under Section 12 of the Freedom of Information Act 2000 (FoIA), which provides an exemption from a public authority’s obligation to comply with a request for information where the cost of compliance is estimated to exceed the appropriate limit.

However, the UHB has undertaken a search of its MH system for inpatients during the period 1 April 2020 to 20 May 2025, that had a diagnosis coded as ‘Impulse Disorders’, and no results were returned.

However, under section 16 of the FoIA, the UHB has a duty to provide advice and assistance. Therefore, the UHB provides, the accessible information it holds for question 3 below.

3. All cases referred into either the Local Primary Mental Health Support Service (LPMHSS) or Intensive Psychological Therapies Service (IPTS) for Low Intensity intervention or High Intensity intervention respectively, are assessed on an individual needs’ basis, where effects on functioning and associated distress are considered accordingly. If assessed as significant, the client would follow the pathway to psychological intervention within the IPTS, for these conditions to be appropriately formulated and addressed.