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| **Reference:** | FOI.21309.26 |
| **Subject:** | Obsessive Compulsive Disorder (OCD) |
| **Date of Request:** | 12 August 2026 |

**Requested:**

I am aware that diagnostic prevalence (the total number of people currently holding a diagnosis of OCD) may not be held centrally. If this is the case, please exclude diagnostic counts from your search and focus your response on referral and operational metrics instead.

Please provide the following data for the financial years 2021/22, 2022/23, 2023/24, 2024/25, and 2025/26 (to date):

Referral Data:

1. The total number of referrals to your Primary and Secondary Mental Health Services where OCD was recorded as the primary or secondary reason for referral.

2. Of those referrals, how many were recorded specifically as "Post-partum OCD" or associated perinatal OCD conditions?

CBT Therapy Waiting Times:

3. The total number of patients currently on the waiting list to receive CBT therapy where OCD was the recorded primary or secondary referral reason.

4. The average (mean/median) waiting time in weeks for patients from the date of referral to receiving their first CBT therapy session (where OCD was the recorded primary or secondary referral reason).

**Response:**

Hywel Dda University Health Board (UHB) is unable to provide you with all the information requested for question 2, 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 (Appropriate Limit and Fees) Regulations 2004. The “appropriate limit” represents the estimated cost of one person spending 18 hours (or 2 ½ working days) in determining whether the UHB holds the information, and locating, retrieving and extracting the information.

The information requested is collated by the Cognitive Behavioural Therapy (CBT) therapist within the Perinatal service. This individual did not commence in post until 2023, and so a central record of the referral reasons is not held prior to the 2023/24 financial year. Therefore, in order to provide you with all of the information requested, the UHB would be required to undertake a manual trawl of all Mental Health (MH) records, for the 2021/22 and 2022/23 financial years, to identify any information that would fulfil this part 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, under Section 16 of the FoIA, we are required as a public authority, to provide advice and assistance so far as it is reasonable to individuals who have made a request under the FoIA, which can include assisting a requestor to further refine their request.

Unfortunately, the UHB is unable to provide advice on how you can refine your request further. This is due to the UHB still requiring a manual trawl of MH records, for the 2021/22 and 2022/23 financial years to be undertaken, to identify any information that would fulfil your request.

Under Section 16, the UHB provides the accessible information it holds below.

1. The UHB does not hold the requested information as the reason for referral to its Mental Health Service (MHS) is not routinely recorded. The referral reason is completed following formal assessment with a therapist/practitioner.

2. An exemption under Section 12 has been applied. Additionally, the UHB is unable to provide you with the number of referrals to the Perinatal Services for OCD, by financial year, due to the low number of cases (less than 5), as there is a potential risk of identifying individuals if this was disclosed. Therefore, the UHB is withholding these details under Section 40(2) of the FoIA.

   This information is protected by the Data Protection Act 2018 (DPA)/UK General Data Protection Regulations (UK GDPR), as its disclosure would constitute unfair and unlawful processing and would be contrary to the principles and articles of the UK GDPR. This exemption is absolute and therefore, there is no requirement to apply the public interest test.

   In reaching this decision, the DPA and UK GDPR define personal data as data that relates to a living individual who can be identified solely from that data or from that data and other information, which is in the possession of the data controller.

   However, the UHB can confirm that Perinatal Service received sixteen (16) referrals for OCD, during the 2023/24 to 2025/26 financial years and the period 1 April to 12 August 2026.

3. The UHB confirms there are forty (40) patients waiting for intervention relating to OCD.

4. The UHB does not hold the requested information, please see response to question 1. However, the UHB can confirm that the average wait time from receipt of referral to first appointment with the Local Primary Mental Health Support Service (LPMHSS) is currently twenty-four (24) weeks. The average wait time from first appointment to CBT therapy is currently twenty (20) weeks.