

29/12/2025

NN-ICB/25-1417

Dear Requestor

Re: Freedom of Information Request

Thank you for your request for information, received on 1 December 2025, regarding data for ADHD and emotional dysregulation. We have processed your request in accordance with the Freedom of Information Act 2000 (FOIA).

Under the FOIA, public authorities like ours are required to respond to requests for information within 20 working days. In response to your request, it can be confirmed that the ICB partially holds the information requested.

Please find below our response to your request:

Could you please supply me with the following information concerning the number of people with ADHD and emotional dysregulation in your area as of 2025. If 2025 data is not able to be supplied for any of the questions, please supply it for the year 2024.

1. The number of people with ADHD in your area who also have documented emotional dysregulation, mood disorders, anxiety or self-harm / mood-instability issues.

The ICB does not hold a single definitive dataset capturing all comorbidities requested. However, population-level estimates are available via eHealthscope, which uses GP-recorded data.

eHealthscope estimates that there are 23,480 people with ADHD in Nottingham and Nottinghamshire. Of these individuals, the following GP-recorded comorbid conditions are identified:

- 7,915 recorded as having depressed mood or depression
- 9,185 recorded as having anxiety or related conditions (including anxiety, OCD and phobias)
- 895 recorded as having obsessive conditions
- 450 recorded as having phobic disorders
- 3,640 recorded as having deliberate self-harm

In addition, eHealthscope data indicates that 4,090 patients with a confirmed diagnosis of ADHD (excluding suspected ADHD) have been prescribed anti-anxiety or antidepressant medication in the last three months via GP prescribing systems.

2. Of those with ADHD in your area, how many have comorbid mental health conditions (e.g., anxiety, depression, low self-esteem, mood disorders)? If possible, please provide the number for each comorbid condition separately.

The ICB does not hold specific data relating to low self-esteem or generic mood disorder classifications, as these are not routinely captured as discrete, standardised data fields within GP or commissioning datasets.

3. How many people with ADHD or suspected ADHD (on the waitlist) in your area are also prescribed anti-anxiety medication?

The ICB does not hold this information. You may wish to contact Nottinghamshire Healthcare NHS Foundation Trust and how to submit a Freedom of Information request can be found on their website link - <https://www.nottinghamshirehealthcare.nhs.uk/c-freedom-of-information>.

4. How many people with ADHD in your area are currently in therapy, or waiting for therapy, due to emotional regulation difficulties?

The ICB does not hold this information. You may wish to contact Nottinghamshire Healthcare NHS Foundation Trust and how to submit a Freedom of Information request can be found on their website link - <https://www.nottinghamshirehealthcare.nhs.uk/c-freedom-of-information>.

If you are unhappy with the way in which your request has been handled, NHS Nottingham and Nottinghamshire Integrated Care Board (ICB) has an internal review procedure through which you can raise any concerns you might have. Further details of this procedure can be obtained by contacting Lucy Branson, Director of Corporate Affairs via lucy.branson@nhs.net or by writing to FOI Team at NHS Nottingham and Nottinghamshire ICB, Sir John Robinson House, Sir John Robinson Way, Arnold, Daybrook, Nottingham NG5 6DA.

If you remain dissatisfied with the outcome of the internal review, you can apply to the Information Commissioner's Office (ICO), who will consider whether the organisation has complied with its obligations under the Act and can require the organisation to remedy any problems. Generally, the ICO cannot make a decision unless you have exhausted the complaints procedure provided by NHS Nottingham and Nottinghamshire ICB. You can find out more about how to do this, and about the Act in general, on the Information Commissioner's Office website at: <https://ico.org.uk/for-the-public/>.

Complaints to the Information Commissioner's Office should be sent to:

FOI/EIR Complaints Resolution, Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Telephone 0303 123 1113 or report a concern via <https://ico.org.uk/concerns/>.

Yours sincerely

Freedom of Information (FOI) Officer on behalf of NHS Nottingham and Nottinghamshire Integrated Care Board

nnicb-nn.foi@nhs.net

All information we have provided is subject to the provisions of the Re-use of Public Sector Information Regulations 2015. Accordingly, if the information has been made available for re-use under the [Open Government Licence](#) (OGL) a request to re-use is not required, but the license conditions must be met. You must not re-use any previously unreleased information without having the consent of NHS Nottingham and Nottinghamshire Integrated Care Board. Should you wish to re-use previously unreleased information then you must make your request in writing (email will suffice) to the FOI Lead via nnicb-nn.foi@nhs.net. All requests for re-use will be responded to within 20 working days of receipt.