

09/04/2026

NN-ICB/26-1542

Dear Requestor

Re: Freedom of Information Request

Thank you for your request for information, received on 17 March 2026, regarding the effectiveness of PTSD interventions. 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, I can confirm that we do not hold the information requested.

Details of your request:

Please provide the following data for the last 24 months:

1. **Outcome Tool Usage:** What percentage of PTSD treatment episodes utilized session-by-session monitoring with the Impact of Event Scale-Revised (IES-R) and the PHQ-9?
2. **Reliable Recovery:** What is the 'Reliable Improvement' and 'Reliable Recovery' rate for patients who completed a course of trauma-focused therapy, broken down by age group (0–18, 19–25, and 26+)?
3. **Complex PTSD (CPTSD):** Does the provider utilize specific assessment tools to differentiate between PTSD and Complex PTSD (CPTSD), and what percentage of the total PTSD cohort were identified as having Complex PTSD?

Our response to your request:

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

Alternatively, you may wish to contact the Talking Therapy provider - Vita Health Group – via email at: notts.tt.admin@notts-talk.co.uk or via their website - [Contact Us | Notts Talking Therapies](#).

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 Governance and Assurance 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.