

Our ref: IG/FOI/FOI.331.25

23 June 2025

Sent via email to: [REDACTED]

Dear [REDACTED]

Request under the Freedom of Information Act 2000

I write further to your request for information which was received on 16 May 2025, and subsequent emails received on 28 May 2025 and 6 June 2025 to confirm, in accordance with S.1(1)(a) of the Freedom of Information Act 2000, that Powys Teaching Health Board (PTHB) partly holds the information that you require.

For ease of reference your request is set out below and my response follows.

Your Freedom of Information (FOI) Request:

Can you please provide the following information under the Freedom of Information Act 2000. 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).

Q1. How many people have been identified as possibly having the condition (Compulsive Buying Disorder - CBD) during the following periods:

- a. 2020/21
- b. 2021/22
- c. 2022/23
- d. 2023/24
- e. 2024/25
- f. 2025-to date

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Headquarters
Glasbury House, Bronllys Hospital
Brecon, Powys LD3 0LU
Tel: 01874 711661

Q2. What is the age and gender of those mentioned above?

Q3. If someone presented to the NHS with this condition, what support or treatment options are available?

Q4. How many people have been identified as having Compulsive Buying Disorder (CBD) alongside another mental health diagnosis? E.g OCD or ADHD.

Q5. What is the age and gender of those mentioned above?

Q6. How many people have been identified as having a behavioural addiction e.g gambling, porn or gaming, during the following periods:

- a. 2020/21
- b. 2021/22
- c. 2022/23
- d. 2023/24
- e. 2024/25
- f. 2025-to date

Q7. What is the age and gender of those identified above?

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

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:

- a. 2020/21
- b. 2021/22
- c. 2022/23
- d. 2023/24
- e. 2024/25
- f. 2025-to date

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

Powys Response:

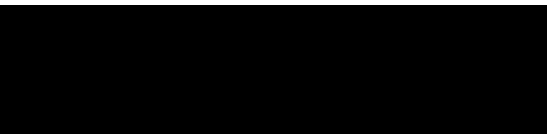
Q1, Q2, Q4 - Q9. I can confirm that Powys Teaching Health Board (PTHB) are unable to answer these questions. Outpatient episodes are not routinely coded in mental health services, and PTHB does not maintain a central register of patients diagnosed with these conditions.

Q3. I can confirm that if someone presented to PTHB with this condition we would take a combined medical approach to manage symptoms of an underlying mental health condition; an integrated formulation-based approach may be the most helpful intervention to manage distress and degree of impairment. We may prescribe medication and offer financial advice. We would also offer treatment with a cognitive behavioural therapist looking specifically at working on impulse control. The assessment would take place within 4 weeks, and there would be a wait of 6 months for treatment. However, following the assessment we could advise on possible self-help such as SilverCloud which is an online mental health support service.

Under the terms of the Health Board's Freedom of Information procedure, individuals seeking access to recorded information held by the Health Board are entitled to request an internal review of the handling of their requests. If you would like to complain about the Health Board's handling of your request, please contact us directly at the address below or register your complaint via Powys.FOI@wales.nhs.uk

If after Internal Review you remain dissatisfied you are also entitled to refer the matter to the information commissioner at the Information Commissioner's Office (Wales), 2nd Floor, Churchill House, Churchill Way, Cardiff, CF10 2HH. Telephone Number: 0330 414 6421.

Yours sincerely



Louisa Kerr

Assistant Director for Mental Health and Learning Disabilities

Rydym yn croesawu derbyn gohebiaeth yng Nghymraeg. Byddwn yn ateb y fath ohebiaeth yng Nghymraeg ac ni fydd hyn yn arwain at oedi.

We welcome receiving correspondence in Welsh. We will reply to such correspondence in Welsh and this will not lead to a delay.