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Freedom of Information Request – Ref: FOI 190-1819

Thank you for your recent Freedom of Information request about Body Dysmorphic Disorder. Please find the Trust's response below.

1. We note that in the list of mental health conditions on the 2gether NHSFT website, Body Dysmorphic Disorder (BDD) is not listed. Please explain the pathway for a person presenting with BDD in the 2gether Trust.
The pathway used would be a generic one within the Trust via IAPT or secondary care as Steps 1-2 of the NICE Guidance refer to a generic pathway. Our generic services would initially assess a patient referred with this condition and could subsequently refer them on to an out of area specialist service and/or support in local treatment as appropriate depending on an individual's presentation.
2. Please advise whether there are any clinicians within the 2gether Trust who are specialists in the treatment of BDD.
The Trust does not have any clinicians which specialise in the treatment of BDD. We do not provide a speciality BDD service as we are not commissioned for this.
3. The NICE guidelines for Body Dysmorphic Disorder (BDD) state that each PCT (now "each CCG"), mental health trust and children's trust "should have access to a specialist BDD multidisciplinary team". Please explain how the 2gether Trust ensures access to such a specialist BDD multidisciplinary team.
We do not have specialist Multidisciplinary teams for separate conditions however we do have psychologists and CBT therapists embedded within the MDTs so that can combine knowledge, care and treatment plans along with psychological treatment. However as per point 2, we are not commissioned to provide a speciality BDD service.

Yours sincerely,

Lisa Evans

LISA EVANS
Information Governance Officer
2gether NHS Foundation Trust

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