

Full list of data items used in the audit

About the data sources used in this audit

The information used in this audit comes from national NHS datasets that are routinely collected as part of care.

These include:

- Mental Health Services Data Set (MHSDS)**
 This is the main dataset used in the audit. It includes information about people in contact with NHS-funded mental health services, including eating disorder services.
- Hospital Episode Statistics (HES)**
 This provides information about hospital admissions and inpatient care where relevant.
- Office for National Statistics (ONS)**
 This is used to provide information about deaths, where this is needed to understand outcomes.

Together, these sources allow the audit to understand patterns of care, access to services, and outcomes for people receiving eating disorder treatment

Identifiers and linking information

Data item	Description	Source
Token Person ID	A pseudonymous identifier used to link records belonging to the same person	MHSDS
Referral reason	Identifies whether the referral is for eating disorder care	MHSDS
Local team identifier	Identifies the care team providing treatment	MHSDS
Service identifier	Identifies the service providing care	MHSDS
Organisation (Trust) identifier	Identifies the organisation providing care	MHSDS
Integrated Care Board (ICB)	Identifies the local NHS system	MHSDS
Region	Identifies the geographical region	MHSDS

Demographic and background information

Data item	Description	Source
Age	Age at the time of care	MHSDS
Gender identity	Gender as stated by the person	MHSDS
Gender same at birth	Whether gender identity matches sex assigned at birth	MHSDS
Ethnicity	Ethnic background	MHSDS
Marital status	Legal marital status	MHSDS
Disability	Whether the person has a recorded disability	MHSDS
Sexual orientation	Sexual orientation (where recorded)	MHSDS
Employment status	Employment or activity status	MHSDS
Pregnancy status	Whether the person is pregnant	MHSDS
Religion	Religious affiliation (if recorded)	MHSDS

Location and socioeconomic information

Data item	Description	Source
LSOA	Area-based geographic code derived from postcode	MHSDS
Distance to services	Distance from home to treatment location	MHSDS
Service type	Type of eating disorder service	MHSDS
Sector	NHS, voluntary or private provider	MHSDS

Clinical diagnoses and conditions

Data item	Description	Source
Eating disorder diagnoses	Conditions such as anorexia, bulimia, ARFID	MHSDS

Co-existing conditions	Conditions such as autism, diabetes, anxiety, depression	MHSDS
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Referral, care activity and waiting times

Data item	Description	Source
Referral date	Date referral received	MHSDS
Referral priority	Urgency of referral	MHSDS
Source of referral	Who referred the person	MHSDS
Appointment dates	Dates of contacts and interventions	MHSDS
Waiting time measures	Time between referral and treatment	Derived

Treatments and interventions

Data item	Description	Source
Psychological therapies	Treatments such as CBT-ED, MANTRA, family therapy	MHSDS
Intervention status	Whether treatment was offered or delivered	MHSDS
Hospital admissions	Information about inpatient care	MHSDS / HES
Mental Health Act status	Whether care was under the Mental Health Act	MHSDS
Shared care	Whether more than one service is involved	MHSDS

Outcomes and clinical measures

Data item	Description	Source
Clinical outcome measures	Standard questionnaires such as HoNOS, SDQ	MHSDS
Physical health measures	BMI, height, weight	MHSDS
Treatment duration	Length of time in care	MHSDS
Number of sessions	Number of therapy sessions	MHSDS

Service transition	Movement between services	Derived
Death indicator	Whether a patient has died	MHSDS / ONS

How your information is protected

We take the security and confidentiality of your information very seriously.

The data used in this audit is protected in several ways:

- No direct identifiers**
 We do not receive names, NHS numbers or full addresses. Instead, a pseudonymous identifier (a code) is used to link records that belong to the same person.
- Secure data handling**
 All data is stored and processed in secure systems.
- Limited access**
 Only authorised members of the audit team can access the data, and only for the purposes of carrying out the audit.
- Legal and ethical approvals**
 The audit operates under strict legal and ethical frameworks, which set out how confidential patient information can be used for healthcare planning, quality improvement and research.
- Confidential reporting**
 Results from the audit are reported in a way that does not identify individuals. Findings are presented at national, regional or service level.