

## Information for people who use services

### What is the National Audit of Eating Disorders?

The National Audit of Eating Disorders (NAED) looks at the care and treatment provided by eating disorder services across England. It helps understand whether people are receiving care in line with national guidance and where services can improve.

The audit is run by the **Royal College of Psychiatrists** and is supported by a **Service User and Carer Advisory Group**, made up of people with lived experience of eating disorder services.

### Why are we telling you about this?

Eating disorder services already send information to **NHS England** as part of routine care. NAED plans to use this existing information for the audit.

You do **not** need to do anything – we are sharing this information so you know how data about your care may be used.

### What information is used, and why?

To produce a reliable national picture, the audit needs to:

- link records that belong to the same person over time
- understand people’s experiences of care and outcomes

To do this, we use a limited set of information collected as part of routine NHS care, including:

Type of information	What this includes	Why it is used
<b>Pseudonymous identifier</b>	A Token Person ID (a code used instead of names or NHS numbers)	To link records that belong to the same person without using identifiable details
<b>Referral information</b>	Referral reason, referral dates, and source of referral	To identify people receiving eating disorder care and when care starts
<b>Service identifiers</b>	Codes for the team, service, organisation, and region providing care	To understand where care is delivered and compare services
<b>Demographic information</b>	Age, gender, ethnicity, employment status, and other background characteristics	To understand how care and outcomes differ between groups

<b>Location information</b>	Partial postcode (used to derive area-level data such as neighbourhood), and distance to services	To understand differences in access and outcomes across areas
<b>Clinical information</b>	Diagnoses (e.g. anorexia, bulimia), co-existing conditions, and treatments or interventions	To understand the care people receive and outcomes of that care
<b>Care and activity information</b>	Dates of referral, appointments, and treatment contacts	To measure waiting times and pathways through care
<b>Outcome measures</b>	Questionnaire scores and clinical outcome measures (e.g. wellbeing or symptom scales)	To understand whether care is effective

We do **not** collect names, NHS numbers or full addresses.

A full list of the data items and codes used in the audit will be available on our website.

### How is your information protected?

All information is processed on the Royal College of Psychiatrists' **secure servers**. Any identifiable details that may be present in source data are used only where essential and are removed or converted to a pseudonymous form as soon as possible. Most analysis is done on **pseudonymised data**, and all public reporting is **fully anonymised**.

We take our responsibility to protect your information seriously and ensure it is kept confidential and secure.

### Do we have approval to use this information?

Yes. This audit has legal approval to use confidential patient information under **Section 251 (Regulation 5 of the Control of Patient Information Regulations)**.

This approval was granted by the **Health Research Authority**, following advice from the **Confidentiality Advisory Group (CAG)**. It confirms that the information is used lawfully, safely and in the public interest to improve care.

### Who is included in the audit, and when?

The audit includes:

- People using **NHS-funded eating disorder services in England**
- Inpatient and community services
- Children, young people and adults

The audit runs from **August 2024 to July 2027**.

However, we will only receive patient data from **April 2025 onwards** through the **Mental Health Services Data Set (MHSDS)**.

This means that only information about care provided from April 2025 onwards may be included in the audit.

## What happens to the results?

Results are shared in several ways:

- A **public online dashboard** showing anonymised national results
- A **secure dashboard for services**, where teams can view their own pseudonymised data to help improve care
- A **State of the Nation report**, published on the Royal College of Psychiatrists' website

It is **not possible to identify individuals** in any public report or dashboard.

## What if I do not want my information to be used?

You have the right to opt out. Your decision will **not** affect the care or treatment you receive.

You can choose to opt out in the following ways:

### Option 1: Opt out via your local service

You can contact your **local eating disorder service** or **NHS Trust** and ask to opt out of NAED. They can also confirm whether you are included in the audit.

If you need help or would like to talk to someone, you can speak to:

- Your **care coordinator**, or
- **PALS (Patient Advice and Liaison Service)** at your local NHS Trust

### Option 2: National Data Opt-Out

You can also use the **National Data Opt-Out** to tell the NHS not to use your confidential patient information for research and planning.

To find out more or to make your choice visit [nhs.uk/your-nhs-data-matters](https://www.nhs.uk/your-nhs-data-matters) or call **0300 303 5678**.

## Where can I find out more?

You can read more about how we protect your information in the Royal College of Psychiatrists' [privacy notice](#).

## Contact us

If you have questions about the audit or about opting out, please contact the NAED team:

**Email:** [NAED@rcpsych.ac.uk](mailto:NAED@rcpsych.ac.uk)

**Telephone:** 0208 618 4260

**Address:** Royal College of Psychiatrists, 21 Prescot Street, London, E1 8BB

**Website:** [www.rcpsych.ac.uk/naed-privacy](http://www.rcpsych.ac.uk/naed-privacy)