



FOI REF: 25/380

21st May 2025

Tel: 0300 131 4500
Website: www.esht.nhs.uk

FREEDOM OF INFORMATION ACT

I am responding to your request for information under the Freedom of Information Act. The answers to your specific questions are as follows:

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.

Just to let you know, I have been advised that GPs or NHS talking therapies as the first point of call may come across such patients.

The requester has provided some clarification to their request and amended their questions, see below.

Please note that East Sussex Healthcare NHS Trust does not provide a Mental Health Service. This service is provided by Sussex Partnership NHS Foundation Trust who are the Mental Health Trust for this area, their Freedom of Information email address is:-

spft.foi@nhs.net

1. **How many people have been identified as possibly having the condition during the following periods:**
 - a. **2020/21**
 - b. **2021/22**
 - c. **2022/23**
 - d. **2023/24**
 - e. **2024/25**
 - f. **2025-to date**

Not applicable.

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2. What is the age and gender of those mentioned in question 1?

Not applicable.

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

Not applicable.

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

Not applicable.

5. What is the age and gender of those mentioned in question 4?

Not applicable.

6. 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

Not applicable.

7. What is the age and gender of those identified in question 6?

Not applicable.

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

If I can be of any further assistance, please do not hesitate to contact me.

Should you be dissatisfied with the Trust's response to your request, you have the right to request an internal review. Please write to the Freedom of Information Department (esh-tr.foi@nhs.net), quoting the above reference, within 40 working days. The Trust is not obliged to accept an internal review after this date.

Should you still be dissatisfied with your FOI request, you have the right of complaint to the Information Commissioner at the following address:

The Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire SK9 5AF

Telephone: 0303 123 1113

Yours sincerely

Freedom of Information Department
esh-tr.foi@nhs.net