

Date: 16 December 2024
Our ref: K: FOI/Ref: 2024-000396
Email: NSS.DevServicesFOI@nhs.scot

Dear [REDACTED]

Freedom of Information Reference: FOI-2024-000396 - Computerised Cognitive Behaviour Therapy (CBT) Software

I refer to your freedom of information request that we received on 27 November 2024 requesting the following information.

In January 2021, NHS National Services Scotland awarded a £1,500,000 contract (titled Computerised Cognitive Behaviour Therapy (CBT) Software) to Big Health Limited (Notice reference: 2021/S 000-005862) in relation to two lots:

- Lot 1 General Anxiety Disorder (GAD) software
- Lot 2 Insomnia software

In August 2023, NHS National Services Scotland further awarded contracts (Total value excluding VAT: £13,680,000) titled National Mental Health CCBT Software to Big Health Limited to in relation to the same two lots (Notice reference: 2023/S 000-022357).

- Lot 1 relates to Big Health's insomnia offering, marketed under the brand name 'Sleepio'.
- Lot 2 relates to Big Health's anxiety offering, marketed under the brand name 'Daylight'.

Regarding Lot 1 (for Sleepio), I am writing to request the following information:

1. The date that Sleepio was first made available to NHS patients in Scotland (in relation to these contracts) and details of any gaps in availability between the two contracts.
2. The number of GPs in Scotland, from the launch of Sleepio into the NHS in Scotland to date, that have been trained by Big Health in the use of Sleepio. I request that this information is given for each year from 2021.
3. The number of NHS patients in Scotland who, since 2021 have accessed Sleepio. I request that this information is given for each year from 2021.
4. The number of NHS patients in Scotland who, since 2021 have completed at least two sessions of the Sleepio course. I request that this information is given for each year from 2021.
5. The number of NHS patients in Scotland who, since 2021 have completed all sessions of the Sleepio course. I request that this information is given for each year from 2021.
6. The number of NHS patients in Scotland who, since 2021, have achieved a clinically relevant improvement in their insomnia after using Sleepio. I request that this information is given for each year from 2021.
7. The actual cost per patient incurred by NHS Scotland to provide Sleepio, I request that this information is given for each year from 2021.
8. Details of the version of Sleepio purchased by NHS National Services Scotland (i.e. the specific product version number, as regulated by the MHRA).



Chair Keith Redpath
Chief Executive Mary Morgan

NHS National Services Scotland is the common name of the Common Services Agency for the Scottish Health Service

Regarding Lot 2 (for Daylight), I am writing to request the following information:

1. The date that Daylight was first made available to NHS patients in Scotland (in relation to these contracts) and details of any gaps in availability between the two contracts.
2. The number of GPs in Scotland, from the launch of Daylight into the NHS in Scotland to date, that have been trained by Big Health in the use of Sleepio. I request that this information is given for each year from 2021.
3. The number of NHS patients in Scotland who, since 2021 have accessed Daylight. I request that this information is given for each year from 2021.
4. The number of NHS patients in Scotland who, since 2021 have completed the Daylight programme. I request that this information is given for each year from 2021.
5. The number of NHS patients in Scotland who, since 2021, have achieved a clinically relevant improvement in their anxiety after using Daylight. I request that this information is given for each year from 2021.
6. The actual cost per patient incurred by NHS Scotland to provide Daylight, I request that this information is given for each year from 2021.
7. Details of the version of Daylight purchased by NHS National Services Scotland (i.e. the specific product version number, as regulated by the MHRA).

We have now completed the search of our records and can provide you with the following information:

Under section 17 of the Freedom of Information Scotland Act, 2002 (FOISA) an organisation does not have to provide that information if it does not hold it. NHS National Services Scotland (NSS) does not hold the requested information as NSS has only procured this contract for Computerised Cognitive Behaviour Therapy (CCBT) software on behalf of Scottish Government. Therefore, we suggest you contact SG to request this information, using the following email address and refer the request to the Digital Mental Health team - contactus@gov.scot

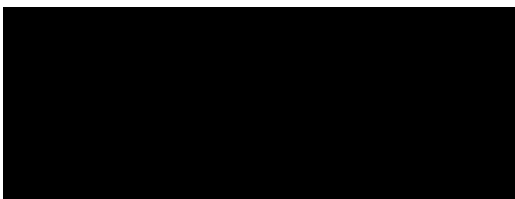
I trust you will find the information of assistance and if you require any further information, please do not hesitate to contact me.

If you are unhappy with any aspect of how we have dealt with your request, you can make representations to us asking us to review the handling of your request. Please write to the Associate Director Governance and Board Services (Board Secretary) at the email address nss.foi@nhs.scot within 40 working days of the date of this correspondence.

If after a review you are still unhappy, you also have the right to apply to the Scottish Information Commissioner, who can be contacted at Kinburn Castle, St Andrews, Fife, KY16 9DS, or via their [online application form](#).

If you have any queries about this letter, please contact me at the above address.

Yours sincerely,



Chair
Chief Executive

Keith Redpath
Mary Morgan

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