Compliance with Ethical Standards

Author Contributions

Samia Ezzamel and Rupa Patel contributed to the study conception and design. Material preparation, data collection and analysis were also performed by Rupa Patel and Samia Ezzamel.

The first draft of the manuscript was written by Rupa Patel and all authors (Rupa Patel, Samia Ezzamel, Nic Horley) commented on previous versions of the manuscript. All authors read and approved the final manuscript.

Disclosure of potential conflicts of interest

I can confirm that:

- The work is original
- the work has not been published before
- the work is not under consideration elsewhere
- copyright has not been breached in seeking its publication
- the publication has been approved by all co-authors and responsible authorities at the institute or organization where the work has been carried out
- all authors involved declare that they have no conflict of interest

Research involving human participants and/or animals

I can confirm that all procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and/or national research committee (British Psychological Society Code of Human Research Ethics, 2014) and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards.
Informed consent

I can confirm that:

Anonymity and confidentiality of participants was ensured in this service evaluation. All personal identification information extracted from a secure clinical database IAPTus (Mayden) has been removed or changed during analysis. Digital copies of data files have been stored on NHS property devices with password protection and stored securely. Digital files are only accessible by researchers and the NHS Hounslow IAPT staff.

Author 1: Signature: Date:

Author 2: Signature: Date:

Author 3: Signature: Date: 29/7/19