

Ref. No: 1766  
Date: 20/05/25  
Subject: FOI1766 - Compulsive Buying Disorder

## REQUEST & RESPONSE

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.

For background, I have been advised that:

- GPs or NHS talking therapies would be the first point of call for such patients.
- Generally those diagnosed with the condition would rarely be diagnosed with it on its own as other mental health problems are likely to be present as well.
- The ICD-11 diagnosis criteria may be used and under that, this condition could be listed as 'obsessive compulsive disorder - other' (which was what gambling used to be noted as before it was added to the diagnosis criteria).

**1. How many people have been identified as possibly having the condition (Compulsive Buying Disorder - CBD) during the following periods:**

- a. 2020/21
- b. 2021/22
- c. 2022/23
- d. 2023/24
- e. 2024/25
- f. 2025-to date

None recorded

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

N/A

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

They would likely be referred to talking therapies

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

None recorded

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

N/A

**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

These are not recorded as a primary diagnosis.

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

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

N/A