

Programme Title: Clinical Policies

Clinical Policies aim to prevent avoidable harm to patients by only offering treatments on the NHS that are evidence-based, clinically safe and effective, as well as cost effective and a good use of resources.



Central East
Integrated Care Board

Cambridgeshire, Peterborough, Bedfordshire, Luton, Milton Keynes and Hertfordshire

Title of policy and version:	Mental Health – Dissociative Identity Disorder (DID) Version: v1.0
Commissioning position:	Intervention is NOT NORMALLY FUNDED by the ICB
Scope:	Covers - Specialist assessments and treatment for dissociative identity disorder Out of Scope: - Non-specialised psychological and psychiatric treatments within locally commissioned services
Cohort:	Adults and children with suspected or confirmed dissociative identity disorder
Other relevant Clinical Policy	N/A

Treatments routinely funded:	Non-specialised psychological and psychiatric treatments within locally commissioned services
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Treatments not funded:	Specialist assessments and treatment for dissociative identity disorder
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Rationale:

High-quality evidence is urgently needed to identify effective, safe and cost-effective treatments for dissociative identity disorder, and to inform commissioning of evidence-based services to address the significant unmet need of this population. In the meantime, the current evidence does not support routine commissioning of specialist dissociative identity disorder treatment.

Non-specialised psychological and psychiatric treatments within locally commissioned services will continue to be funded for people with dissociative identity disorder.

IFR Statement Clinical Exceptionality:

Where a patient does not meet the policy criteria or the intervention is not normally funded by the NHS, an application for clinical exceptionality can be considered via the ICB's Individual Funding Request (IFR) Policy and Process.

Due to the complexities of diagnosing dissociative disorders, IFR applications for specialist assessment and/or treatment for Dissociative Identity Disorder should be submitted by an NHS clinician within secondary care mental health services, rather than primary care.

Coding list:

Policy document record:	Mental Health – Dissociative Identity Disorder. Version: v1.0
Ratification date:	11 th September 2026
Record of significant change:	v1.0 – New harmonised policy for Central East ICB, based on predecessor ICB policies (C&P, HWE, BLMK).
Planned review date:	TBC

Document Environmental Impact statement:

Neutral environmental impact. Policy to be shared and stored electronically where possible; if printed, use double-sided printing and minimal copies.