

ICBT tailored to spouses and significant others of PSP: Formative evaluation study (2023)

Hadjistavropoulos, H. D., Reiser, S. J., Beahm, J. D., McCall, H. C., Dena, I., Phillips, A., Scheltgen, M., Sekhar, S., Cox, M., Cramm, H., & Reid, N.

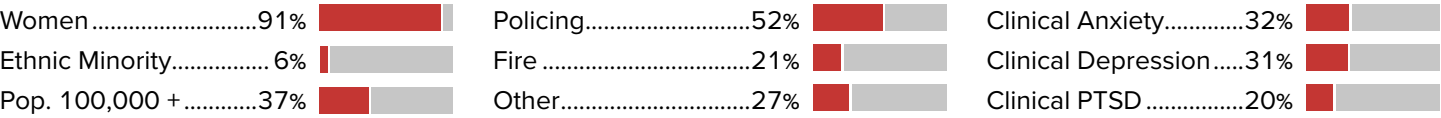
PSPNET offers **free, confidential, and convenient** internet-delivered cognitive behaviour therapy (ICBT) developed with and for Canadian first responders and other public safety personnel (PSP). Learn mental health information and skills in an online platform with optional therapist support via secure messaging or phone calls. **Learn more by visiting www.pspnet.ca**

PURPOSE:

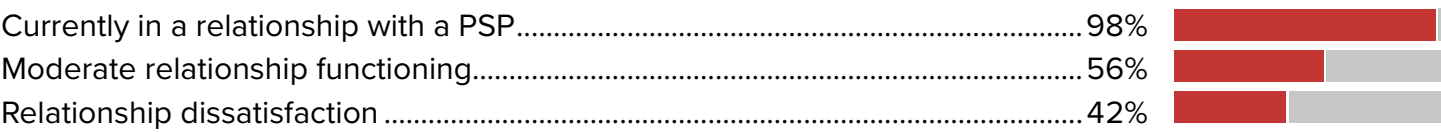
To assess the initial use and perceptions of self-guided ICBT designed for spouses and significant others of PSP.

118 PSP spouses or significant others; **26** were interviewed

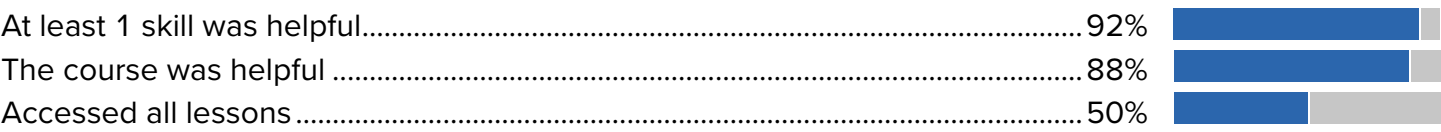
DATA COLLECTION: July 2022 – May 2023



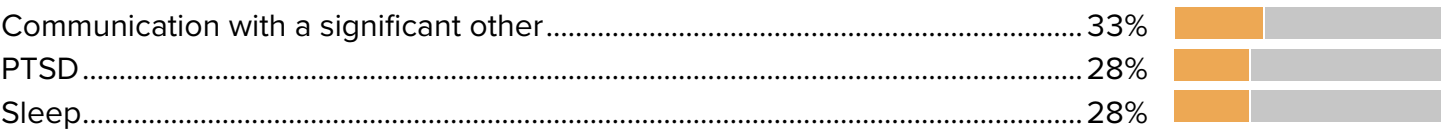
RELATIONSHIP CHARACTERISTICS:



COURSE FEEDBACK:



MOST ACCESSED RESOURCES:



AREAS FOR IMPROVEMENT:

- Course design and materials
 - Case stories
 - More topics
- Flexible timelines
 - Audio and video content
 - Remove the discussion forum
- Reduce survey questions
 - French version of the course

“ I think that this is an amazing tool for families and I intend on using it as long as I have access to it.

— PSPNET Client ”

CONCLUSIONS:

1. PSP spouses and significant others have unique experiences and needs.
2. Most PSP spouses and significant others viewed the course and skills as helpful.
3. Feedback has been implemented to enhance the course.