# 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

Women91%	Policing52%	Clinical Anxiety32%
Ethnic Minority6%	Fire21%	Clinical Depression31%
Pop. 100,000 +37%	Other27%	Clinical PTSD20%

#### **RELATIONSHIP CHARACTERISTICS:**

Currently in a relationship with a PSP	98%			
Moderate relationship functioning	56%			
Relationship dissatisfaction	42%			
COURSE FEEDBACK:				
At least 1 skill was helpful	92%			
The course was helpful	88%			
Accessed all lessons	50%			
MOST ACCESSED RESOURCES:				
Communication with a significant other	33%			
PTSD	28%			
Sloop	28%			

#### AREAS FOR IMPROVEMENT:

- Course design and materials
- Flexible timelines
- Reduce survey questions

Case stories

More topics

Audio and video content

Remove the discussion forum

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.

Note: This data was extracted from the PSPNET self-guided SSO Wellbeing Course routine practice database.

JMIR Formative Research DOI: https://doi.org/10.2196/51088 Infographic Design by Willick, T.J.





