


Web-based mindfulness meditation as an adjunct to internet-delivered cognitive behavioral therapy for public safety personnel: Mixed methods feasibility evaluation study (2024)

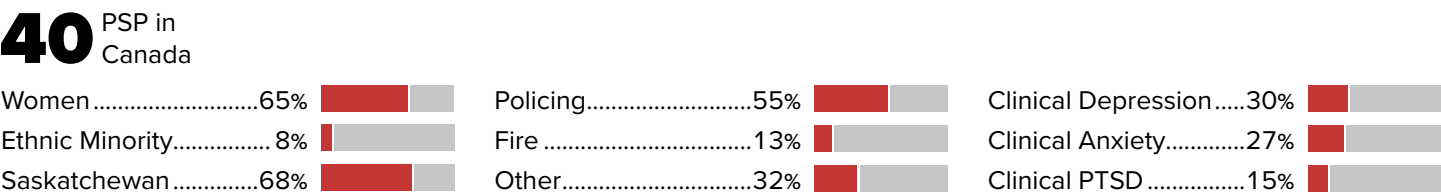
Landry, C. A., McCall, H. C., Beahm, J. D., Titov, N., Dear, B., Carleton, R. N., & Hadjistavropoulos, H. D.

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**

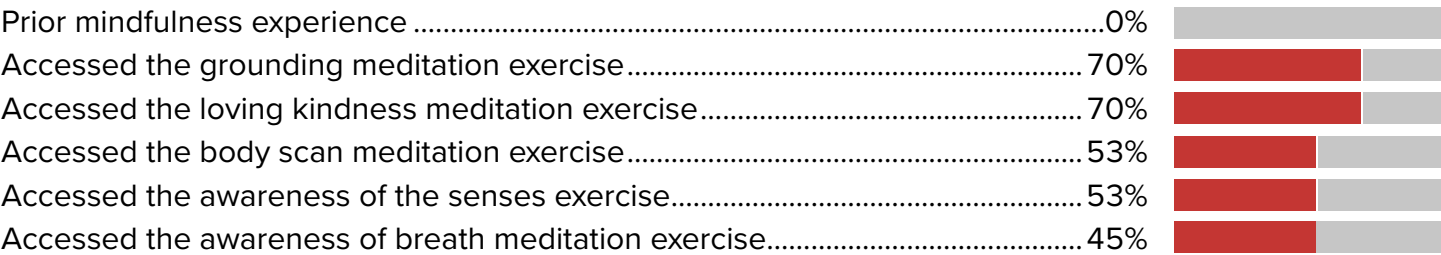


PURPOSE:

To understand the feasibility of mindfulness meditations in ICBT tailored to PSP.

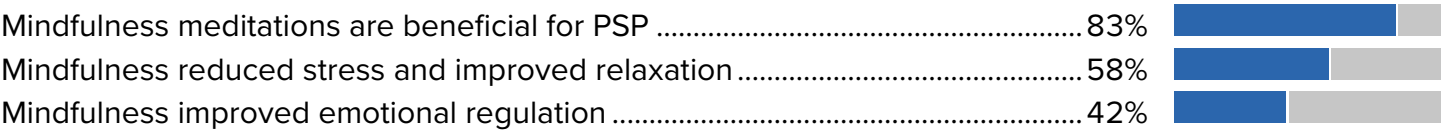


MEDITATION ENGAGEMENT:



PSP ATTITUDES:

Positives



Negatives



CONCLUSIONS:

1. Some PSP use mindfulness meditations in ICBT and report benefits.

2. Improvements can be made to better integrate mindfulness into ICBT.