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

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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.



Women65%	Policing55%	Clinical Depression30%
Ethnic Minority8%	Fire13%	Clinical Anxiety27%
Saskatchewan68%	Other32%	Clinical PTSD15%

MEDITATION ENGAGEMENT:

Prior mindfulness experience	0%	
Accessed the grounding meditation exercise		
Accessed the loving kindness meditation exercise	70%	
Accessed the body scan meditation exercise	53%	
Accessed the awareness of the senses exercise	53%	
Accessed the awareness of breath meditation exercise	45%	

PSP ATTITUDES:

Positives

Mindfulness meditations are beneficial for PSP	83%	
Mindfulness reduced stress and improved relaxation	58%	
Mindfulness improved emotional regulation	42%	
Negatives		
Uncomfortable sitting with their feelings	67%	
Difficulty finding motivation, time, and quiet space	67%	
Tochnical issues	17%	

CONCLUSIONS:

- 1. Some PSP use mindfulness meditations in ICBT and report benefits.
- 2. Improvements can be made to better integrate mindfulness into ICBT.

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

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