

# Outcomes of transdiagnostic ICBT tailored to PSP: A longitudinal observational study (2024)

Hadjistavropoulos, H. D., McCall, H., Dear, B. F., Beahm, J. D., Carleton, R. N., & Titov, 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](http://www.pspnet.ca)**



## PURPOSE:

To understand the long-term effectiveness of tailored ICBT for PSP.

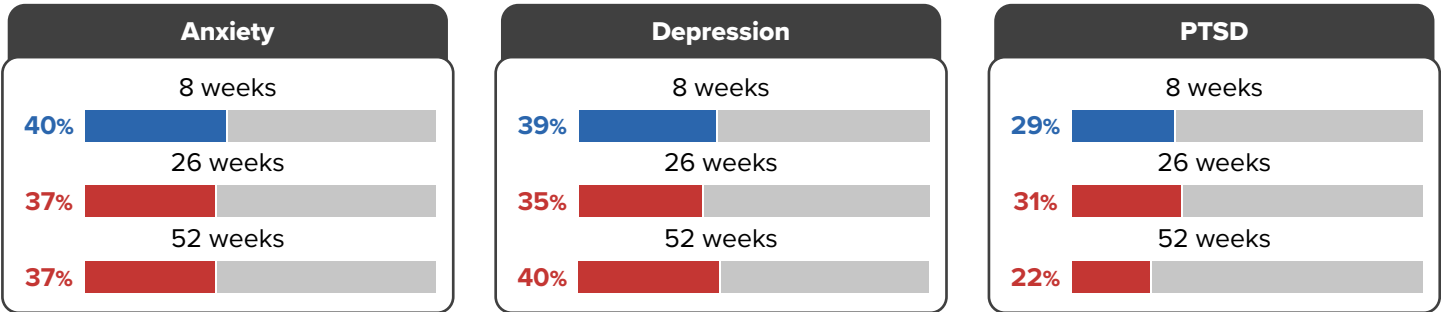
**560** PSP in Canada

DATA COLLECTION: December 2019 – October 2022

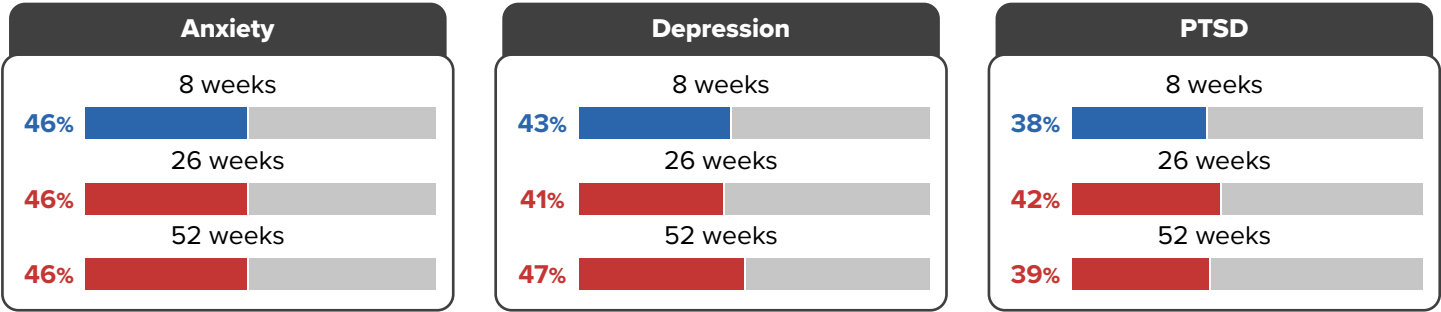
Women.....52%	<div><div></div></div>	Policing.....33%	<div><div></div></div>	Clinical Depression.....58%	<div><div></div></div>
Ethnic Minority.....10%	<div><div></div></div>	Paramedic .....20%	<div><div></div></div>	Clinical Anxiety.....50%	<div><div></div></div>
Pop. 100,000 + .....35%	<div><div></div></div>	Other.....47%	<div><div></div></div>	Clinical PTSD .....35%	<div><div></div></div>

## MENTAL HEALTH OUTCOMES:

### AVERAGE REDUCTION IN SYMPTOMS: *Time from pre-treatment*



### AVERAGE CLINICAL REDUCTION IN SYMPTOMS: *Time from pre-treatment*



## CONCLUSIONS:

- The PSP Wellbeing Course can reduce clinical symptoms of anxiety, depression, and posttraumatic stress among Canadian PSP.
- Anxiety and depression benefits were maintained or further reduced up to 52 weeks.
- PTSD benefits were maintained up to 26 weeks.
- Symptom reduction was not impacted by gender, language, location, or years of experience.

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

Journal of Anxiety Disorders  
DOI: <https://doi.org/10.1016/j.janxdis.2024.102861>  
Infographic Design by Willick, T.J.