

# Impact of an online discussion forum on self-guided ICBT for PSP: Randomized trial (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](http://www.pspnet.ca)**

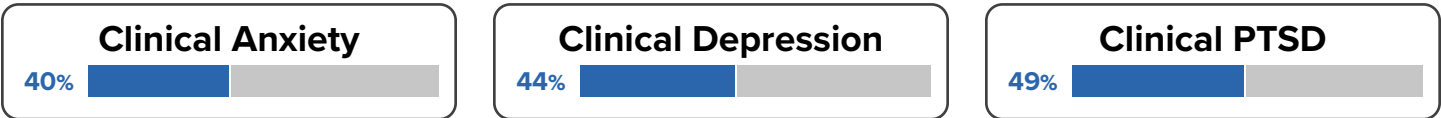
## PURPOSE:

To understand the potential benefits of an online discussion forum in self-guided ICBT tailored to PSP.

**107** Canadian PSP



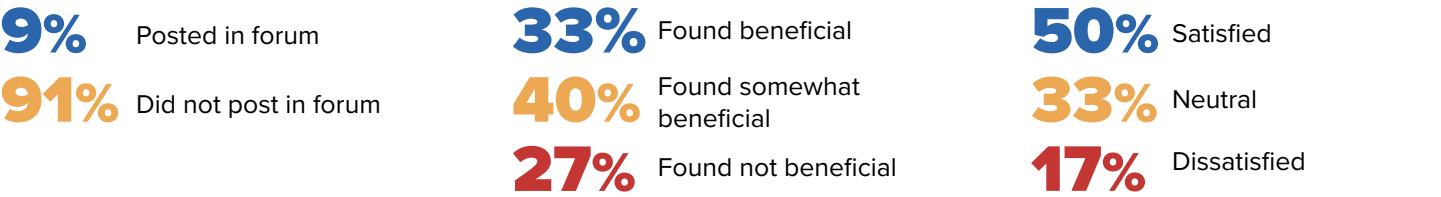
## AVERAGE REDUCTION IN CLINICAL SYMPTOMS:



## TREATMENT ENGAGEMENT AND SATISFACTION:



## DISCUSSION FORUM ENGAGEMENT AND SATISFACTION:



“It’s nice to know you’re not alone.”  
— PSPNET client

“Peer forums are not a tool we are comfortable with.”  
— PSPNET client

## CONCLUSIONS:

- PSP reported good engagement and satisfaction with self-guided ICBT but low engagement and mixed satisfaction with the discussion forum.
- PSP showed similar symptom reductions regardless of their access to the discussion forum.
- A discussion forum did not meaningfully enhance self-guided ICBT among Canadian PSP.