Exploring perceptions of internet-delivered cognitive behaviour therapy among public safety personnel: Informing dissemination efforts (2020)

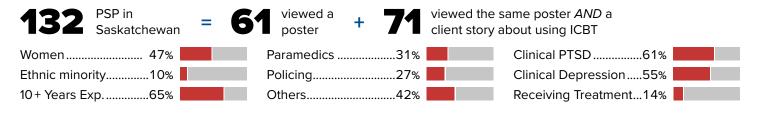
McCall, H. C., Sison, A. P., Burnett, J. L., Beahm, J. D., & Hadjistavropoulos, H. D.

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 better understand PSP's knowledge, use, and feedback of ICBT.



ICBT KNOWLEDGE AND USE:



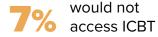
42% at least 55... knowledge of ICBT

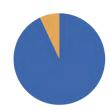


no knowledge of



would access ICBT if they needed help





ICBT FEEDBACK:

PSP hold **positive** views of ICBT

Clients preferred therapists to checkin at least once a week (65%)

PSP would access ICBT for proactive support

Women view ICBT as more credible

Lack of face-to-face interaction is the **most disliked** aspect of ICBT (31%) Accessibility was the most liked aspect of ICBT (84%)

STORY FEEDBACK:

Story was relatable to their own experiences as PSP......50% Story was a genuine representation of PSP experiences......73%

CONCLUSIONS:

- 1. PSP hold positive views of ICBT
- 2. PSP would access ICBT for proactive and reactive support
- 3. Posters are a simple and useful way to inform PSP about ICBT
- 4. The client story did not influence PSP's view of ICBT

Note: This data was collected through an online questionnaire.

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