

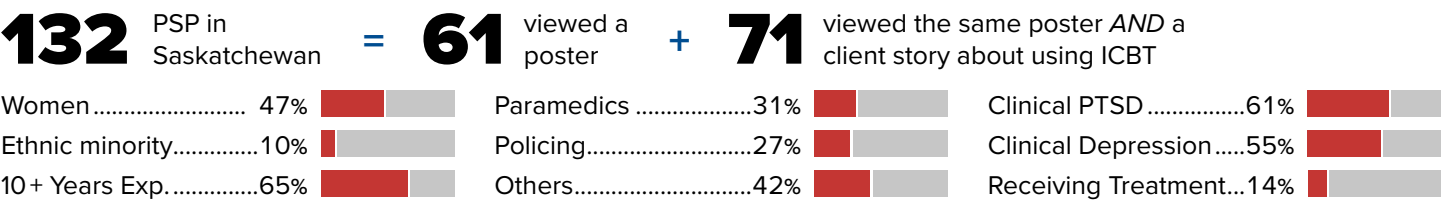
# Exploring perceptions of internet-delivered cognitive behaviour therapy among public safety personnel: Informing dissemination efforts (2020)

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](http://www.pspnet.ca)**

## PURPOSE:

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



## ICBT KNOWLEDGE AND USE:



## ICBT FEEDBACK:

**PSP hold positive views of ICBT**

**Clients preferred therapists to check-in at least once a week (65%)**

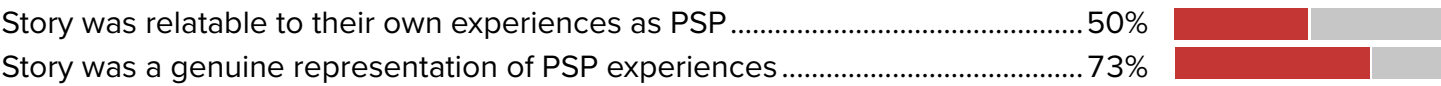
**PSP would access ICBT for proactive support**

**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:



## CONCLUSIONS:

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