

# Exploring Perceptions of Internet-Delivered Cognitive Behaviour Therapy among Public Safety Personnel: Informing Dissemination Efforts (2020)

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## Why?

To better understand public safety personnel's (PSP) knowledge, use, and feedback of internet-delivered cognitive behavioural therapy (ICBT).

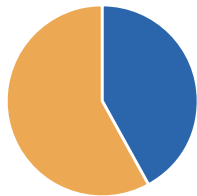
## DEMOGRAPHICS:

**132** PSP in Saskatchewan = { **61** viewed a poster describing ICBT + **71** viewed the same poster *and* a client story about using ICBT }



## ICBT KNOWLEDGE AND USE:

**42%** at least some knowledge of ICBT



**58%** no knowledge of ICBT

**93%** would access ICBT if they needed help



**07%** would not access ICBT

## ICBT FEEDBACK:

PSP hold **POSITIVE** views of ICBT

Clients preferred therapists to check-in **AT LEAST ONCE A WEEK (65%)**

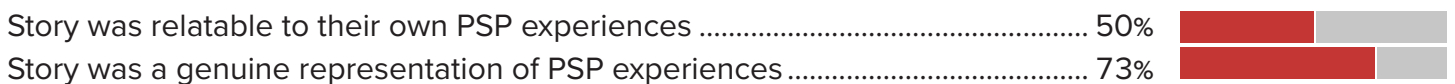
PSP would access ICBT for **PROACTIVE SUPPORT**

**WOMEN** viewed 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:



## Conclusion:

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



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