

# Stakeholder perspectives on internet-delivered cognitive behavioural therapy for public safety personnel: A qualitative analysis (2021)

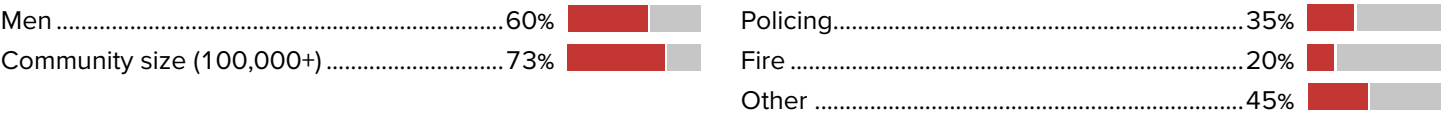
McCall, H. C., Beahm, J. D., Fournier, A. K., Burnett, J. L., Carleton, R. N., & Hadjistavropoulos, H. D.

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)**

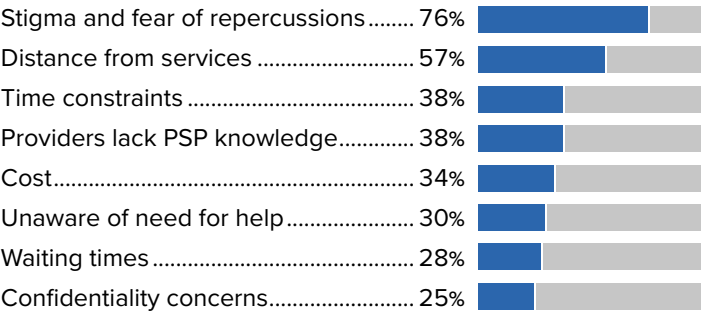
## PURPOSE:

To understand PSP’s perceptions of and feedback on tailored ICBT.

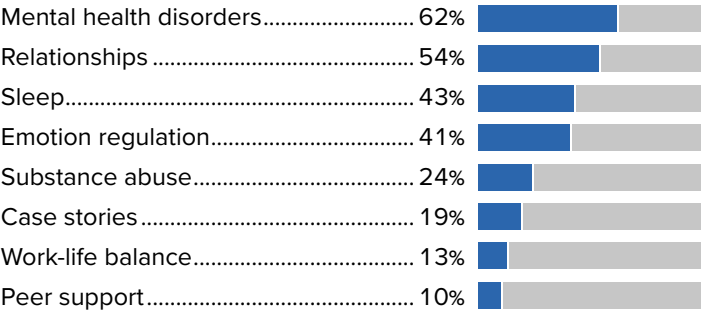
**126** PSP in Québec and Saskatchewan



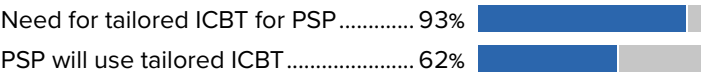
## BARRIERS TO TREATMENT:



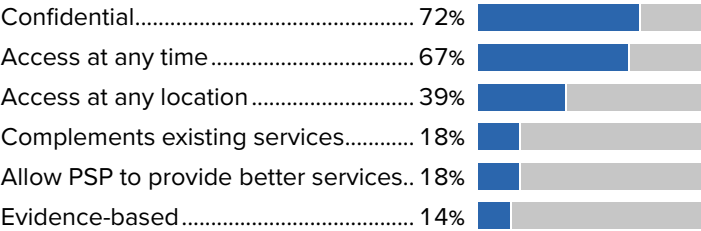
## CONTENT RECOMMENDATIONS:



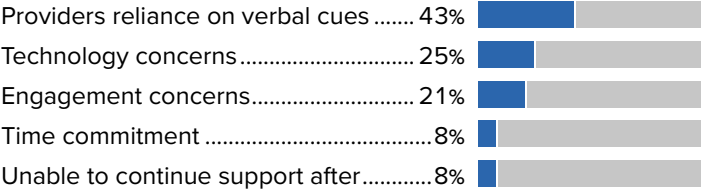
## USEFULNESS:



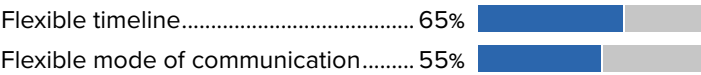
## ADVANTAGES:



## DISADVANTAGES:



## DELIVERY RECOMMENDATIONS:



## CONCLUSIONS:

1. PSP face many barriers to mental health treatment.

2. ICBT is acceptable, appropriate, and likely to be used by PSP.