Insights into internet-delivered cognitive behavioural therapy for public safety personnel: Exploration of client experiences during and after treatment (2021)

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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!**



PURPOSE:

To understand PSP's experiences of the PSP Wellbeing Course to improve mental health outcomes.

82 PSP in Saskatchewan

DATA COLLECTION: December 2019 – June 2020

Women54%	
Ethnic Minority15%	
10+ Years Exp59%	

Paramedics	35%	
Policing	27%	
Other	38%	

Clinical Depression60%	
Clinical Anxiety56%	
Clinical PTSD49%	

TOP COURSE FEATURES:

TOP SKILLS:

Therapist support44%	
Course design and format40%	
Do-lt-Yourself Guides35%	



66

Once I began the course, I found myself feeling hopeful and even a little more understood in how I am struggling, and the different ways people can struggle with mental health as a PSP.

— PSPNET Clien

9

ADVANTAGES:

Increased skills or improved wellbeing48%	
Normalizes mental health challenges22%	
Improved communication or relationships12%	

DISADVANTAGES:

Timeline challenges66%	5
Technical challenges27%	S
Negative effects18%	

46

The course just made me deal with the issues head on. There was a bit of a tough section, but that is necessary to be able to heal.

PSPNET Client

- 99

CONCLUSIONS:

- 1. ICBT is accepted and perceived as beneficial among PSP.
- 2. Negative effects were rare and did not appear to impact overall ICBT experiences.

Note: This data was extracted from the PSPNET therapist-guided PSP Wellbeing Course routine practice database.

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