

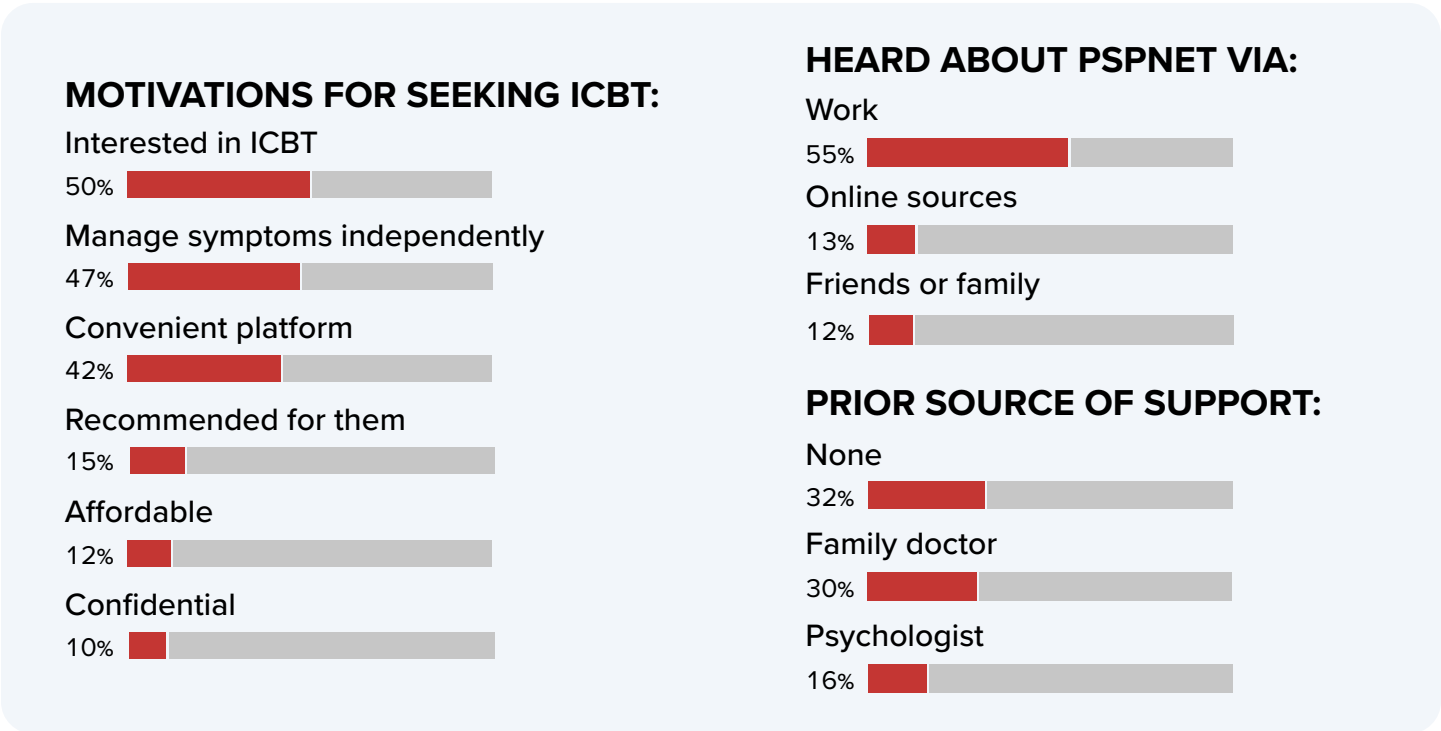
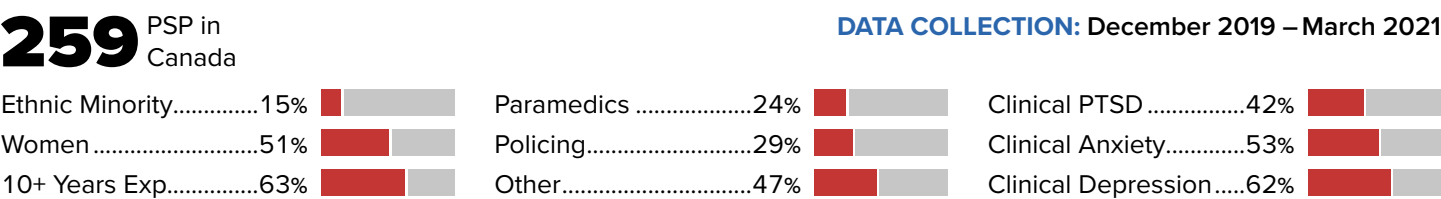
# Why do public safety personnel seek tailored internet-delivered cognitive behavioural herapy? An observational study of treatment-seekers (2021)

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

## PURPOSE:

To understand PSP’s interest, motivation, and use of ICBT.



**CONCLUSIONS:**

1. PSP report many barriers to support but are interested in and hold positive views of ICBT.

2. PSP with more motivation for seeking ICBT were more likely to enroll in PSPNET.

3. Partnering with public safety organizations may increase ICBT use among PSP.

Note: This data was extracted from the PSPNET routine practice database.

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