

Understanding and addressing occupational stressors in internet-delivered therapy for public safety personnel: A qualitative analysis (2022)

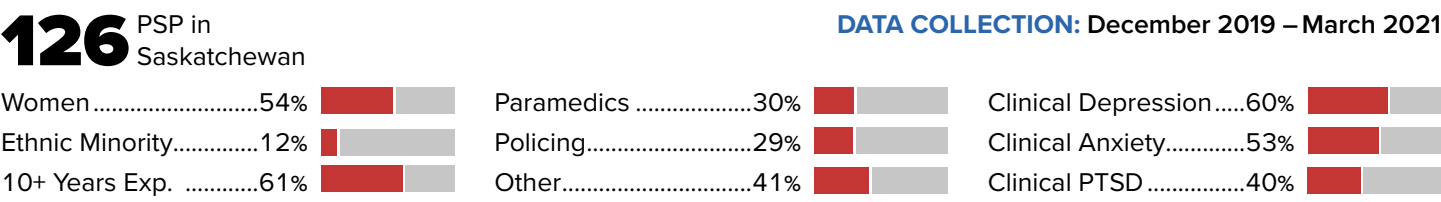
Beahm, J. D., Landry, C. A., McCall, H. C., Carleton, R. N., & Hadjistavropoulos, H. D.

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**

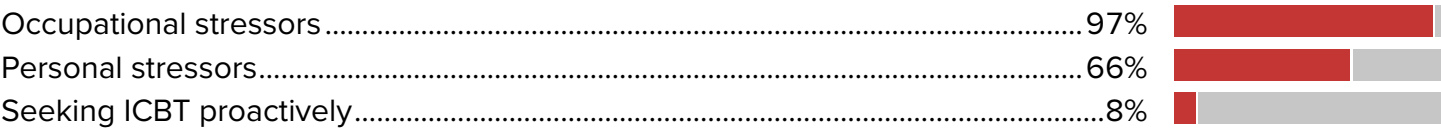


PURPOSE:

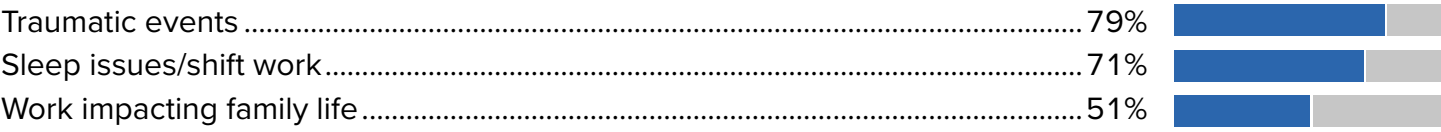
To understand how ICBT can reduce occupational stressors experienced by PSP.



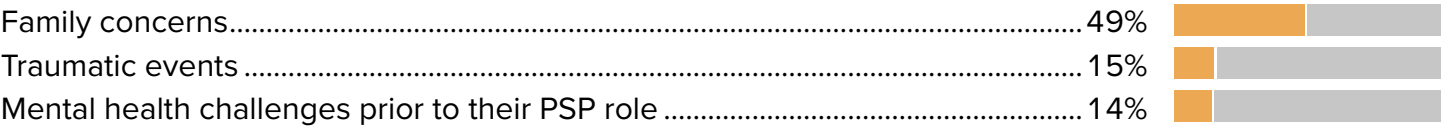
REASONS FOR SEEKING ICBT:



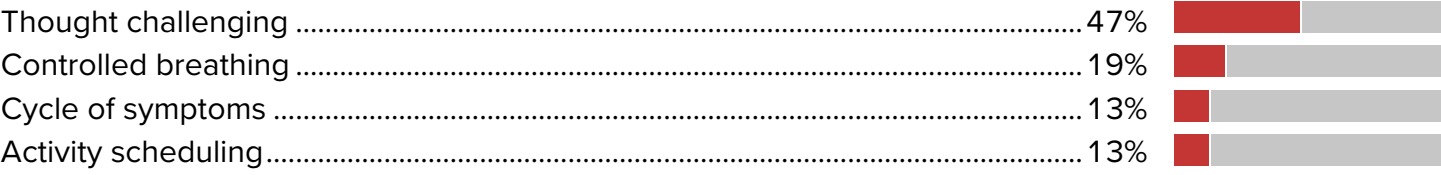
TOP OCCUPATIONAL STRESSORS:



TOP PERSONAL STRESSORS:



MOST HELPFUL ICBT SKILLS FOR COPING:



CONCLUSIONS:

1. PSP experience many types of stressors.

2. ICBT can help PSP manage both occupational and personal stressors.