

ICBT for symptoms of PTSD among PSP: Initial outcomes of an open cohort preference trial of transdiagnostic and disorder-specific therapy (2023)

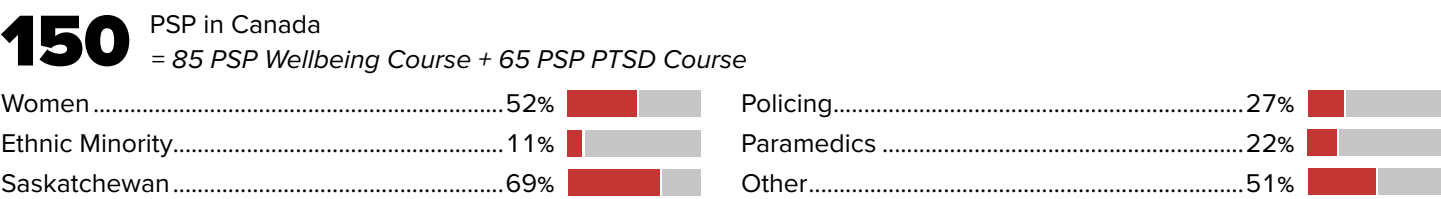
McCall, H., Dear, B. F., Landry, C., Beahm, J. D., Gregory, J., Titov, N., Carleton, R. N., & Hadjistavropoulos, H.

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**

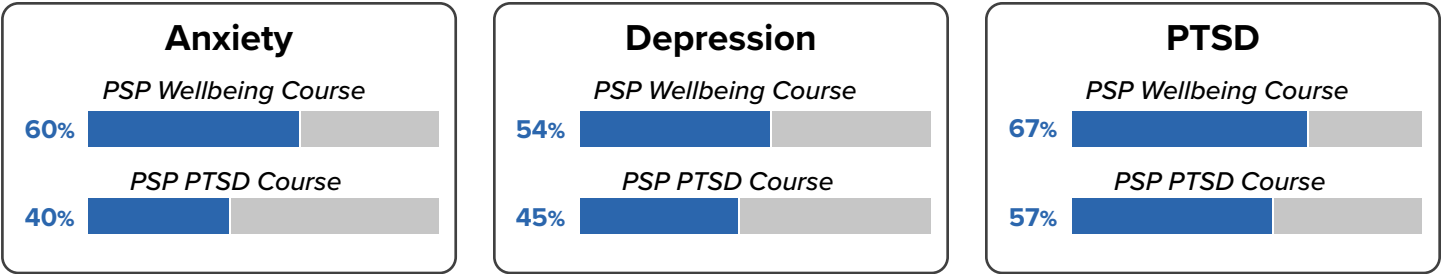


PURPOSE:

To understand PSP’s preferences and outcomes of the PSP Wellbeing Course and PSP PTSD course.



% OF PSP WITH CLINICAL IMPROVEMENT:



TREATMENT SATISFACTION:



CONCLUSIONS:

1. PSP Wellbeing Course and PSP PTSD Course can significantly reduce clinical symptoms of anxiety, depression, and posttraumatic stress among PSP.

2. Overall, PSP were satisfied with both courses.