

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

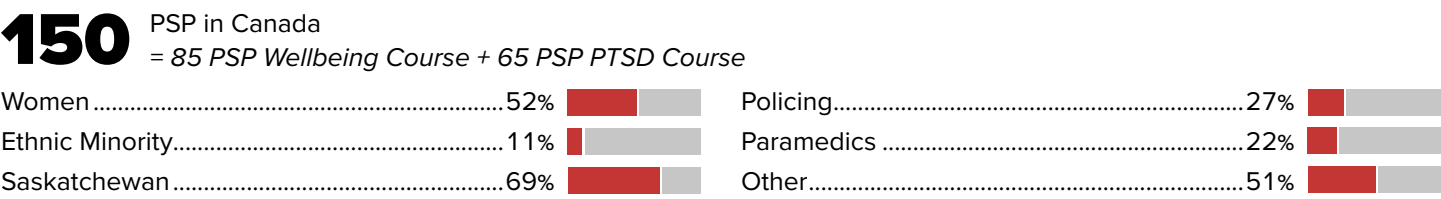
McCall, H., Dear, B. F., Landry, C., Beahm, J. D., Gregory, J., Titov, N., Carleton, R. N., & Hadjistavropoulos, H.

PSPNET offers free, confidential internet-delivered cognitive behaviour therapy (ICBT) developed with and for Canadian first responders and other public safety personnel (PSP). In this program, PSP learn mental health information and skills through online courses and receive optional therapist support via phone or secure messaging. **Learn more by visiting www.pspnet.ca**



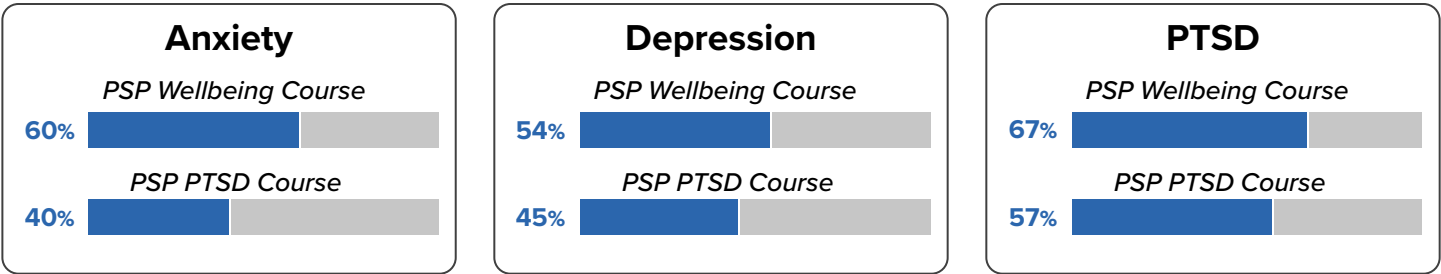
WHAT WE DID?

To enhance PSPNET, this study was done to understand PSP’s preferences and outcomes of the PSP Wellbeing Course and PSP PTSD course.



WHAT WE FOUND?

% 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.