Insights Into Internet-Delivered Cognitive Behavioural Therapy for Public Safety Personnel: Exploration of Client Experiences During and After Treatment (2021)

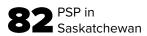
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PSPNET offers free, confidential internet-delivered cognitive behaviour therapy (ICBT) developed with and for Canadian first responders and other public safety personnel (PSP). In this program, PSP learn mental health information and skills through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



WHAT WE DID?

This study was done to understand PSP's experiences of the PSP Wellbeing Course to improve mental health outcomes.



Women54%	Paramedics35%	Clinical Depression60%
Ethnic Minority15%	Policing27%	Clinical Anxiety56%
10+ Years Exp59%	Other38%	Clinical PTSD49%

WHAT WE FOUND? TOP COURSE FEATURES:

TOP SKILLS:

Therapist support44%	Thought challenging57%
Course design and format40%	Cycle of symptoms54%
Do-It-Yourself Guides35%	Controlled breathing32%

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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 Client

ADVANTAGES:

DISADVANTAGES:



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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

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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 from December 2019 to June 2020.

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