# Outcome of internet-delivered cognitive behavioural therapy tailored for Canadian public safety personnel among Indigenous and White clients (2025)

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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.



## Sign up today at www.pspnet.ca!

391 Clients (Indigenous = 8%)

Other Sectors ......43%

DATA COLLECTION: December 2019 - October 2022

Indigenous		
Saskatchewan Resident	94%	
Population < 100,000 Citizens	80%	
Women	71%	
Postsecondary Education	40%	
Corrections	31%	
Policing	26%	

White Saskatchewan Resident ......69% Population < 100,000 Citizens ......61% Women ......51% Postsecondary Education ......61% Corrections ......14% Policing ......34% Other Sectors ......52%

I loved the resources and that the course is focused on first responders. First responders often feel isolated because of their experiences. Reading about cases similar to mine helped me feel less alone with what I'm experiencing in my life.

- Indigenous client

#### Course Selection:

Indigenous	
PSP Wellbeing Course71%	
PSP PTSD Course29%	

White	
PSP Wellbeing Course85%	
PSP PTSD Course15%	

## **Clincal Symptoms at Pre-Treatment:**

Indigenous	
Depression	77%
Anxiety	66%
Panic	63%
Posttraumatic Stress	57%
Anger	57%
Social Anxiety	49%

White	
Depression	51%
Anxiety	55%
Panic	32%
Posttraumatic Stress	40%
Anger	39%
Social Anxiety	33%

#### Treatment Satisfaction:

Indigenous	
Worth Time100%	
Recommend100%	

White	
Worth Time99	%
Recommend97	%

I believe PSPNET saves lives, reduces mental turmoil due to trauma due to work life, and leads to healed happy people in our communities. That's why I support this project. Happy, healthy healing is good." - Elder Betty McKenna

## **CONCLUSIONS:**

- 1. Indigenous PSP showed elevated pre-treatment mental health concerns than White PSP.
- 2. No differences between ethnic groups with respect to symptom change, program use, or treatment satisfaction.
- 3. These findings provide preliminary evidence that ICBT can be effective for Indigenous PSP.

Read the full article here: https://doi.org/10.32799/ijih.v21i1.45461 Note: Indigenous clients include self-identified First Nations, Inuit, and Métis Infographic Design by Darling, M.L. & Taylor, A.





