

# How Have Public Safety Personnel Seeking Digital Mental Healthcare Been Affected by the COVID-19 Pandemic? An Exploratory Mixed Methods Study (2020)

McCall, H., Beahm, J., Landry, C., Huang, Z., 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](http://www.pspnet.ca)**

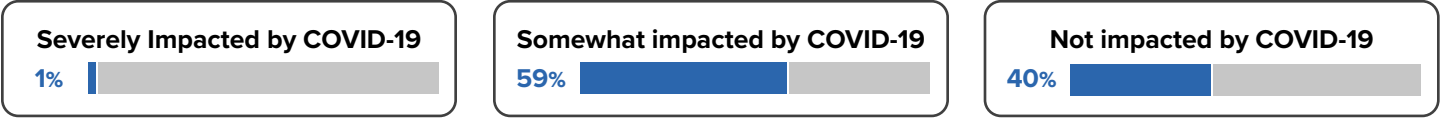


## WHAT WE DID?

This study was done to identify the diversity, frequency, and intensity of COVID-19 concerns among public safety personnel (PSP) seeking internet-delivered cognitive behavioural therapy (ICBT).

**59** PSP in Saskatchewan

Ethnic Minority.....	22%	<div><div></div></div>	Paramedics .....	20%	<div><div></div></div>
Men .....	41%	<div><div></div></div>	Policing.....	36%	<div><div></div></div>
Community Size (100,000+).....	46%	<div><div></div></div>	Other.....	44%	<div><div></div></div>



## WHAT WE FOUND?

### HEALTH CONCERNS:

Dying from COVID-19 .....	33%	<div><div></div></div>
Being admitted to the hospital due to COVID-19 .....	36%	<div><div></div></div>
Contracting COVID-19.....	61%	<div><div></div></div>
Causing others to contract COVID-19.....	71%	<div><div></div></div>
A family member contracting COVID-19 .....	88%	<div><div></div></div>

### OCCUPATIONAL CONCERNS DUE TO COVID-19:

Lost job or income .....	10%	<div><div></div></div>
Physical distancing at work .....	56%	<div><div></div></div>

### PERSONAL CONCERNS DUE TO COVID-19:

Social isolation .....	37%	<div><div></div></div>
Decreased life enjoyment.....	41%	<div><div></div></div>
Negatively impacted.....	59%	<div><div></div></div>
Financial struggles.....	87%	<div><div></div></div>

## CONCLUSIONS:

1. PSP in Saskatchewan seeking ICBT experienced stressors due to COVID-19.
2. Many of these stressors were similarly reported by the general population.
3. Unique PSP stressors included increased workload and need for personal protective equipment.
4. Few PSP reported severe impacts due to COVID-19.

Note: This data was extracted from the PSPNET therapist-guided PSP Wellbeing Course routine practice database from March 2020 to September 2020.

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