

Outcomes of Transdiagnostic ICBT Tailored to PSP: A Longitudinal Observational Study (2024)

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WHY?

To understand the long-term effectiveness of tailored internet-delivered cognitive behavioural therapy (ICBT) for public safety personnel (PSP).

DEMOGRAPHICS:

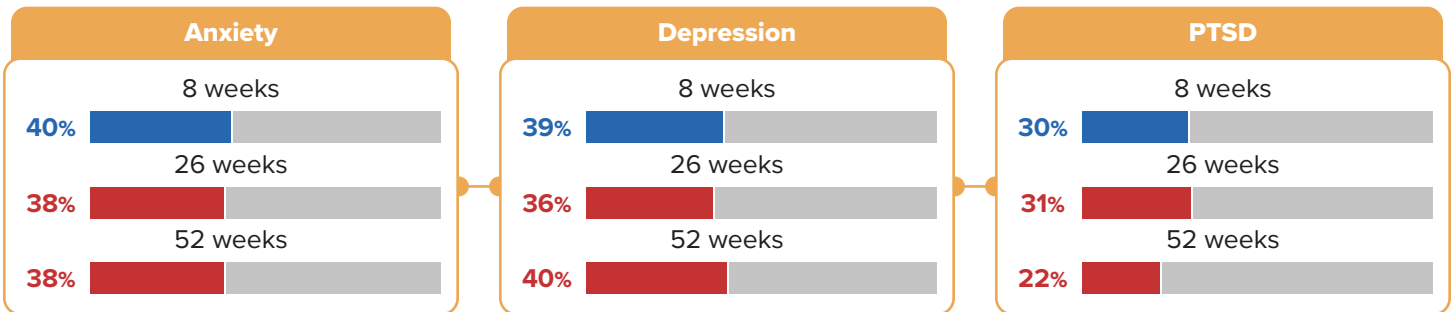
560 Canadian PSP



MENTAL HEALTH OUTCOMES:

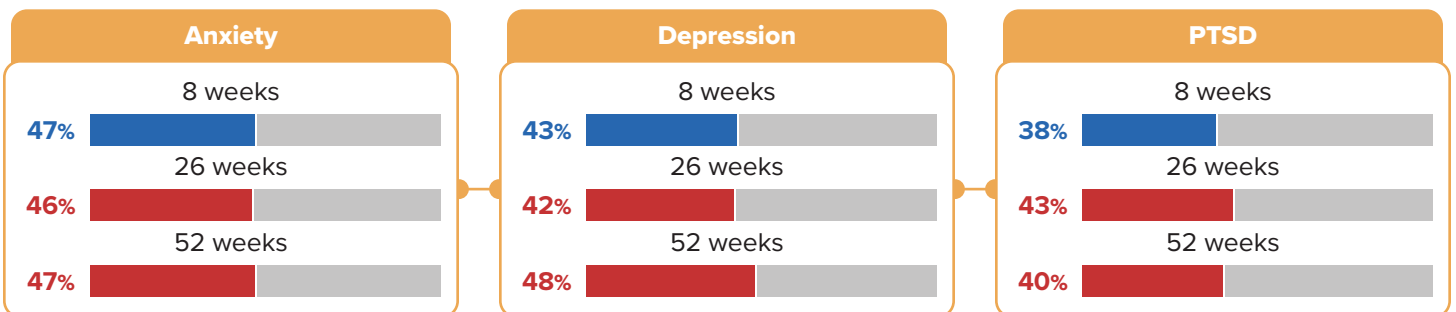
AVERAGE REDUCTION IN SYMPTOMS

time from pre-treatment:



AVERAGE CLINICAL REDUCTION IN SYMPTOMS

time from pre-treatment:



CONCLUSIONS:

1. The PSP Wellbeing Course can reduce clinical symptoms of anxiety, depression, and posttraumatic stress among Canadian PSP.
2. Anxiety and depression benefits were maintained or further reduced up to 52 weeks.
3. PTSD benefits were maintained up to 26 weeks.
4. Symptom reduction was not impacted by gender, language, location, or years of experience.



<https://linkinghub.elsevier.com/retrieve/pii/S0887618524000379>



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