

Outcomes of ICBT within the Police Sector in Canada

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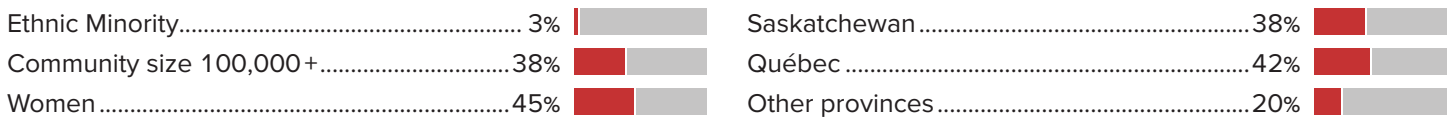
WHY?

To explore the outcomes of therapist-guided internet delivered cognitive behavioural therapy (ICBT) among clients who work in the Police Sector in Canada.

DEMOGRAPHICS:

431 Canadian PSP who identified as working in the Police (33% of total unique enrollers)

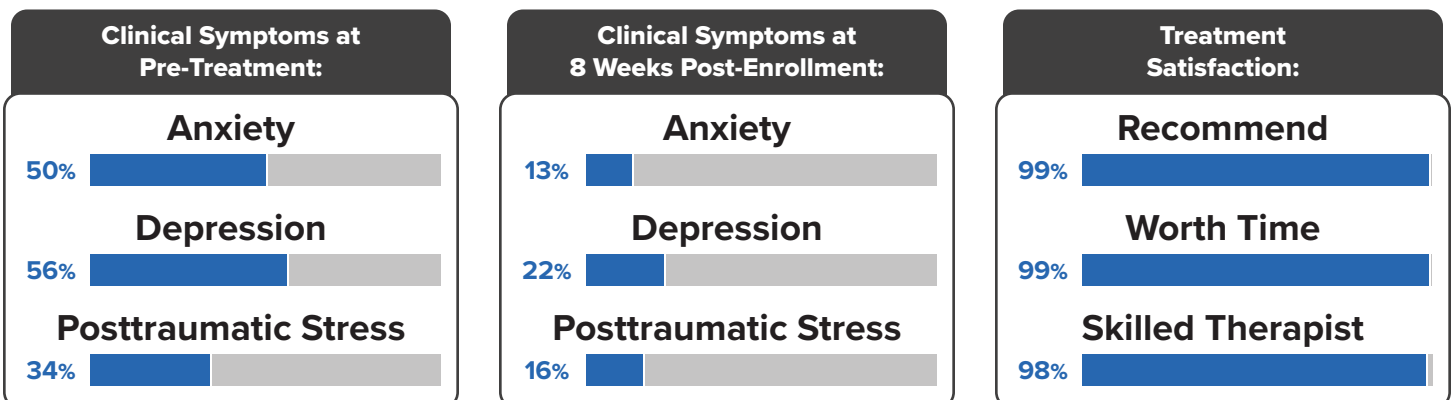
DATA COLLECTION: Dec 2019 – Nov 2024



“I liked everything about the course. I found it easy to understand and manageable to implement.”
— Police Client

“ I enjoyed how relatable it was for both my professional and personal life.”
— Police Client

MENTAL HEALTH OUTCOMES:



“It gave me tools and words to describe how I’m feeling and made me realize that I’m not alone.”
— Police Client

“Access is available to work around my schedule.”
— Police Client

CONCLUSIONS:

1. Police show interest in ICBT by signing up for PSPNET.
2. PSPNET can reduce clinical symptoms of anxiety, depression, and posttraumatic stress.
3. Police enrolled in PSPNET report high levels of treatment satisfaction.

Note: This data was extracted from the PSPNET therapist-guided PSP Wellbeing Course routine practice database November 2024.