

Outcomes of ICBT among Indigenous PSP in Canada: A single-group design

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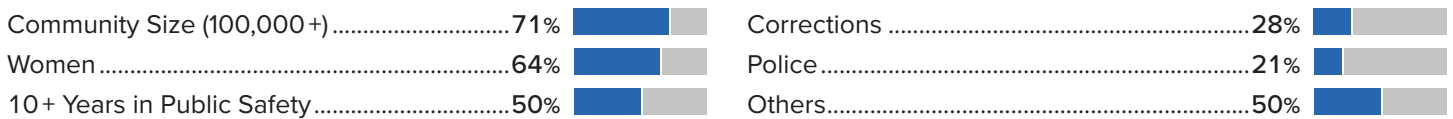
WHY?

To explore a subsample of Indigenous (First Nations, Inuit, and Métis) public safety personnel (PSP) who enrolled in internet-delivered cognitive behavioural therapy (ICBT).

DEMOGRAPHICS:

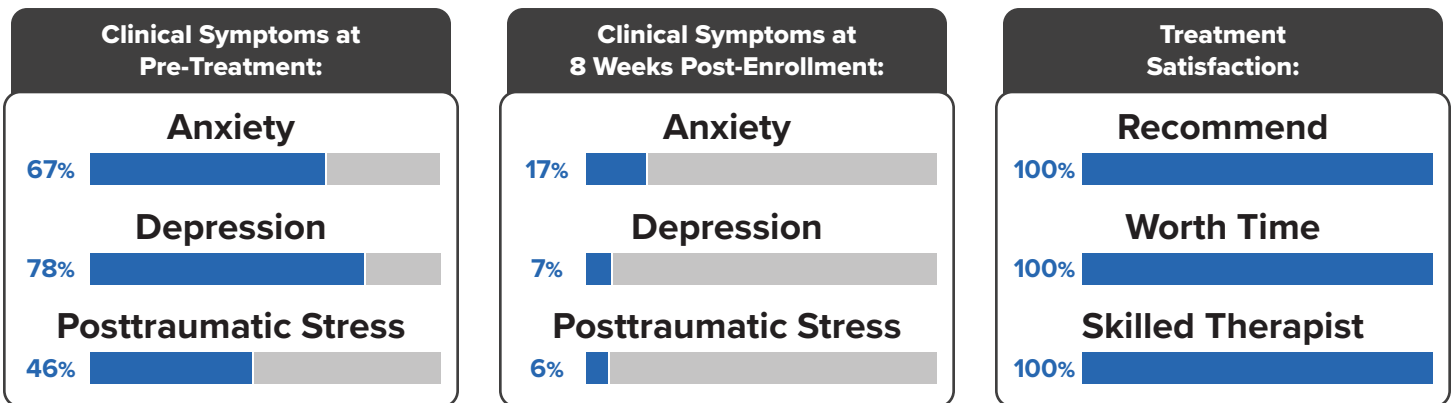
28 PSP who identified as Indigenous PSP

DATA COLLECTION: Dec 2019 – Sept 2023



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

MENTAL HEALTH OUTCOMES:



“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 PSP

CONCLUSIONS:

1. Indigenous PSP are interested in ICBT.
2. ICBT can reduce clinical symptoms of anxiety, depression, and posttraumatic stress among Indigenous PSP.
3. Indigenous PSP enrolled in ICBT report high treatment satisfaction.

Note: This data is currently in preparation for publication. An updated version will be posted on our website with the article link when available.