

Outcomes of ICBT within the Paramedic 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 Paramedic Sector in Canada.

DEMOGRAPHICS:

262

Canadian PSP who identified as working in the Paramedic Sector (21% of total unique enrollers)

DATA COLLECTION: Dec 2019 – Oct 2024

Women	58%	<div></div>	Québec	30%	<div></div>
Community size 100,000+	66%	<div></div>	Saskatchewan	39%	<div></div>
Ethnic Minority	11%	<div></div>	Other provinces	31%	<div></div>

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Getting into the course is a **major step** in recovery, and although it is scary it will be okay and the team (and your therapist in particular) are there **every** step of the way to help.

— Paramedic Sector Client

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MENTAL HEALTH OUTCOMES:

Clinical Symptoms at Pre-Treatment:

Anxiety

57%

Depression

63%

Posttraumatic Stress

45%

Clinical Symptoms at 8 Weeks Post-Enrollment:

Anxiety

19%

Depression

25%

Posttraumatic Stress

22%

Treatment Satisfaction:

Recommend

99%

Worth Time

99%

Skilled Therapist

98%

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The course has nailed what issues I was dealing with, so it is very **clear** that PSPNET **knows** first responders’ mental health issues.

— Paramedic Sector Client

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CONCLUSIONS:

1. Paramedics show interest in ICBT by signing up for PSPNET.

2. PSPNET can reduce clinical symptoms of anxiety, depression, and posttraumatic stress.

3. Paramedics enrolled in PSPNET report high levels of treatment satisfaction.

Paramedic Sector includes Advanced Care Paramedics (ACP), Critical Care Paramedics (CCP), Primary Care Paramedics (PCP), Emergency Medical Responders (EMR), Emergency Medical Technicians (EMT), and others.

PSPNET offers 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 phone or secure messaging. **Sign up today by visiting pspnet.ca**

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