

Outcomes of ICBT within the Police Sector in Canada

Hadjistavropoulos, H.D., Price, J.A.B., & Demyen, S.A.

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

Ethnic Minority.....	3%		Saskatchewan.....	38%	
Community size 100,000+.....	38%		Québec.....	42%	
Women.....	45%		Other provinces.....	20%	

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

MENTAL HEALTH OUTCOMES:

Clinical Symptoms at Pre-Treatment:

Anxiety

50%

Depression

56%

Posttraumatic Stress

34%

Clinical Symptoms at 8 Weeks Post-Enrollment:

Anxiety

13%

Depression

22%

Posttraumatic Stress

16%

Treatment Satisfaction:

Recommend

99%

Worth Time

99%

Skilled Therapist

98%

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

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

CONCLUSIONS:

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

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.