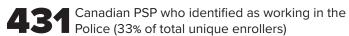
# **Outcomes of ICBT within the Police Sector in Canada**

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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:**



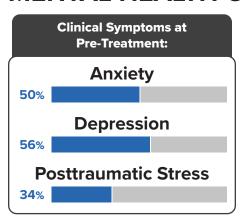


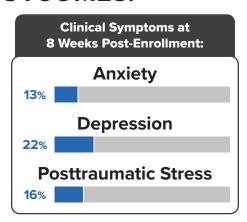
DATA COLLECTION: Dec 2019 - Nov 2024

Saskatchewan	38%	
Québec	42%	
Other provinces	20%	

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

#### **MENTAL HEALTH OUTCOMES:**







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

66.

Access is available to work around my schedule.

-Police Client

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### **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.

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.





