

# Initial outcomes of transdiagnostic internet-delivered cognitive behavioral therapy tailored to public safety personnel: Longitudinal observational study (2021)

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PSPNET offers **free, confidential, and convenient** 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 secure messaging or phone calls. **Learn more by visiting [www.pspnet.ca](http://www.pspnet.ca)**

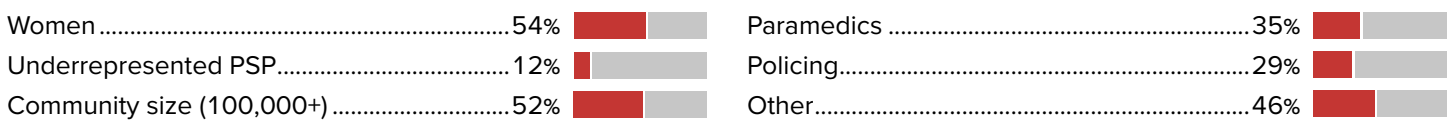


## PURPOSE:

To understand the effectiveness of tailored ICBT for PSP in treating symptoms of anxiety, depression, and posttraumatic stress.

**83** PSP in Saskatchewan

DATA COLLECTION: December 2019 – July 2020



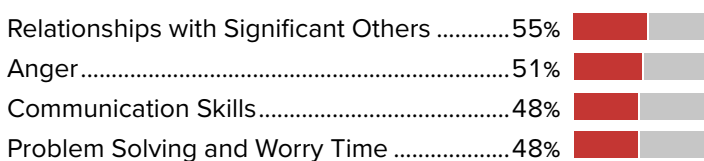
## CLINICAL IMPROVEMENT:



## TREATMENT SATISFACTION:



## RESOURCES ACCESSED:



## THERAPIST SUPPORT:



## CONCLUSIONS:

1. PSP reported good engagement, working alliance, and treatment satisfaction in ICBT.
2. ICBT is effective for treating symptoms of anxiety, depression, and posttraumatic stress among PSP.

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

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