

# Impact of an online discussion forum on self-guided ICBT for PSP: Randomized trial (2024)

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## WHY?

To understand the potential benefits of an online discussion forum in self-guided internet-delivered cognitive behavioural therapy (ICBT) developed with and for Canadian public safety personnel (PSP).

## DEMOGRAPHICS:

**107** Canadian PSP



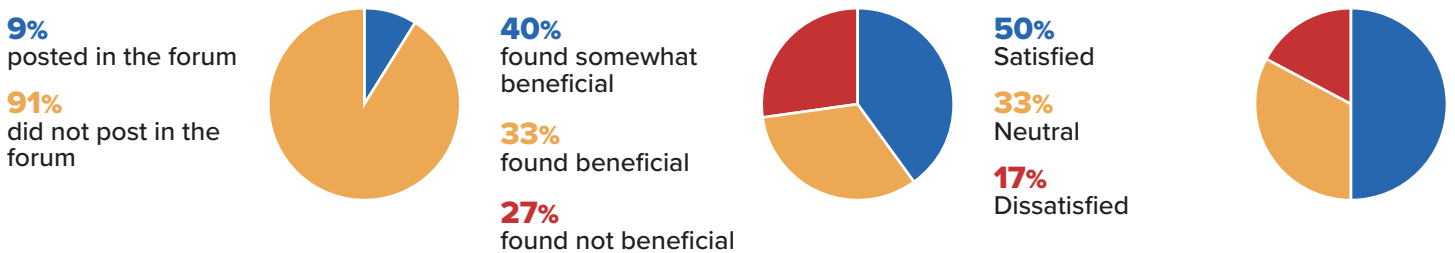
## AVERAGE REDUCTION IN CLINICAL SYMPTOMS:



## TREATMENT ENGAGEMENT AND SATISFACTION:



## DISCUSSION FORUM ENGAGEMENT AND SATISFACTION:



“It’s nice to know you’re not alone.”  
— PSPNET client

“Peer forums are not a tool we are comfortable with.”  
— PSPNET client



## CONCLUSIONS:

1. PSP reported good engagement and satisfaction with self-guided ICBT but low engagement and mixed satisfaction with the discussion forum.
2. PSP showed similar symptom reductions regardless of their access to the discussion forum.
3. A discussion forum did not meaningfully enhance self-guided ICBT among Canadian PSP.

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