

Outcomes of ICBT within the Emergency Medical Services Sector in Canada

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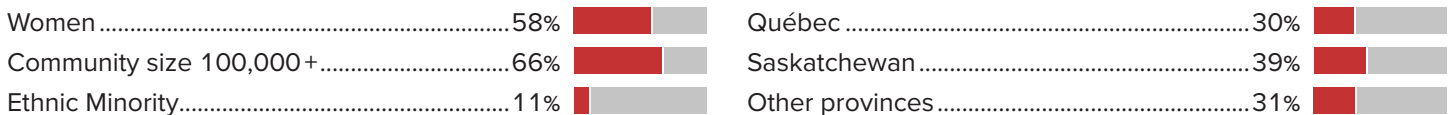
WHY?

To explore the outcomes of therapist-guided internet delivered cognitive behavioural therapy (ICBT) among clients who work in the Emergency Medical Services (EMS) Sector in Canada.

DEMOGRAPHICS:

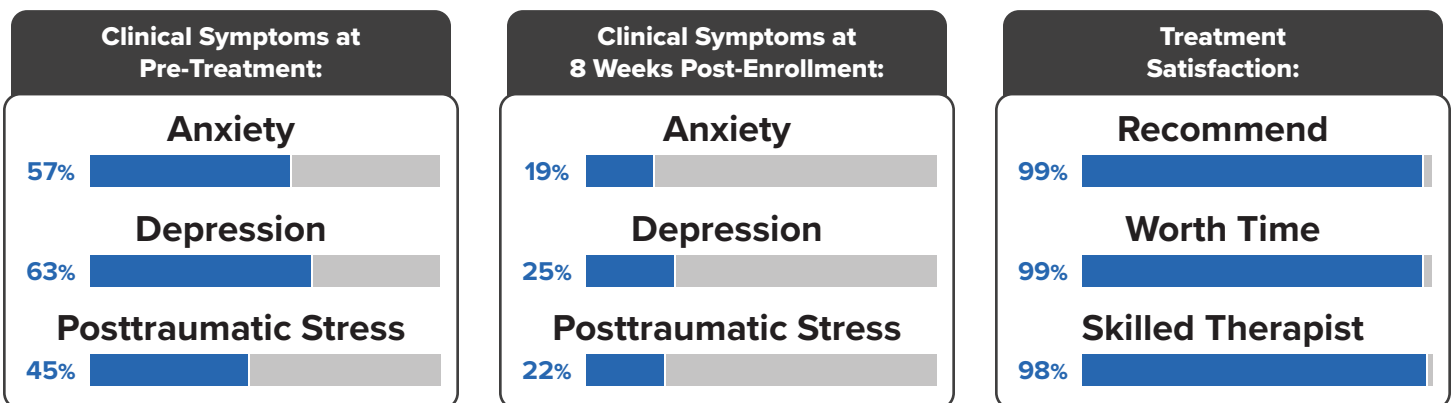
262 Canadian PSP who identified as working in the EMS Sector (21% of total unique enrollers)

DATA COLLECTION: Dec 2019 – Oct 2024



“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.”
— EMS Sector Client

MENTAL HEALTH OUTCOMES:



“The course has nailed what issues I was dealing with, so it is very clear that PSPNET knows first responders’ mental health issues.”
— EMS Sector Client

“This course really showed me how important it is to dissect your own behaviors to really understand and change them. I strongly believe that most change has to start from within, and this course really allowed a person to reflect on themselves and allow that change to begin.”
— EMS Sector Client

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



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