

# Outcomes of ICBT within the Fire Sector in Canada

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## WHY?

To explore the outcomes of therapist-guided internet-delivered cognitive behaviour therapy (ICBT) among clients who work in the Fire Sector in Canada.

## DEMOGRAPHICS:

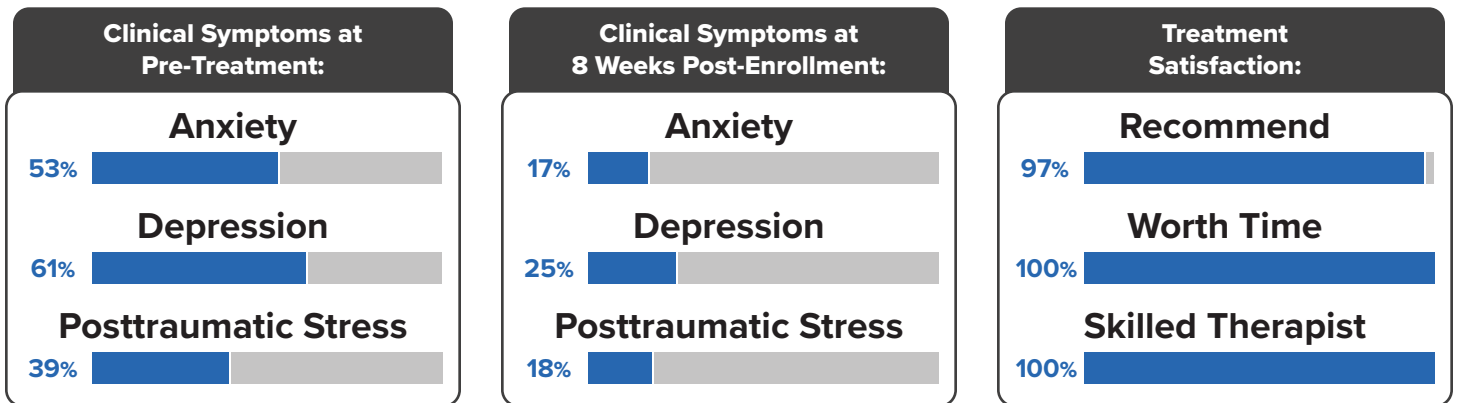
**148** Canadian PSP who identified as working in the Fire Sector

DATA COLLECTION: Dec 2019 – Oct 2024



“Getting in to see a mental health professional is arduous and this program offered me an immediate opportunity to take steps to get healthy while waiting (or in between visits) for a meeting with a professional.”  
— Fire Sector Client

## MENTAL HEALTH OUTCOMES:



“The course gave me insight about myself. I have a better understanding of how thoughts trigger physical reactions. The course explained ways to overcome the feelings and reactions to my thoughts. I feel that, over the 29 years as a Firefighter, I was losing my resilience to traumatic and stressful events. The knowledge and skills gained in this course will help me recover and develop or regain my resilience.”  
— Fire Sector Client

## CONCLUSIONS:

1. Individuals in the Fire Sector are showing interest in ICBT by signing up for PSPNET — including those in volunteer and career positions.
2. ICBT is having a significant impact on clinical symptoms of anxiety, depression, and posttraumatic stress.
3. Clients working in the Fire Sector report high levels of treatment satisfaction.

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



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