

Outcomes of ICBT within the Paramedic Sector in Canada

Hadjistavropoulos, H.D., Phillips, A., & Price, J.A.B.

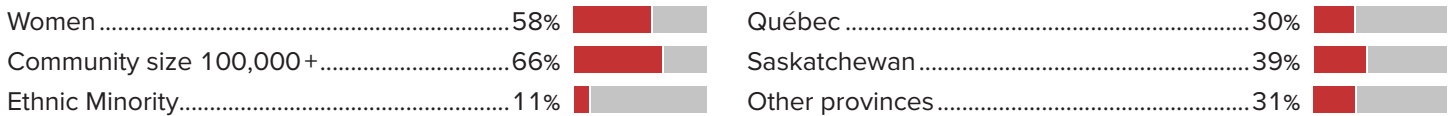
WHY?

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

DEMOGRAPHICS:

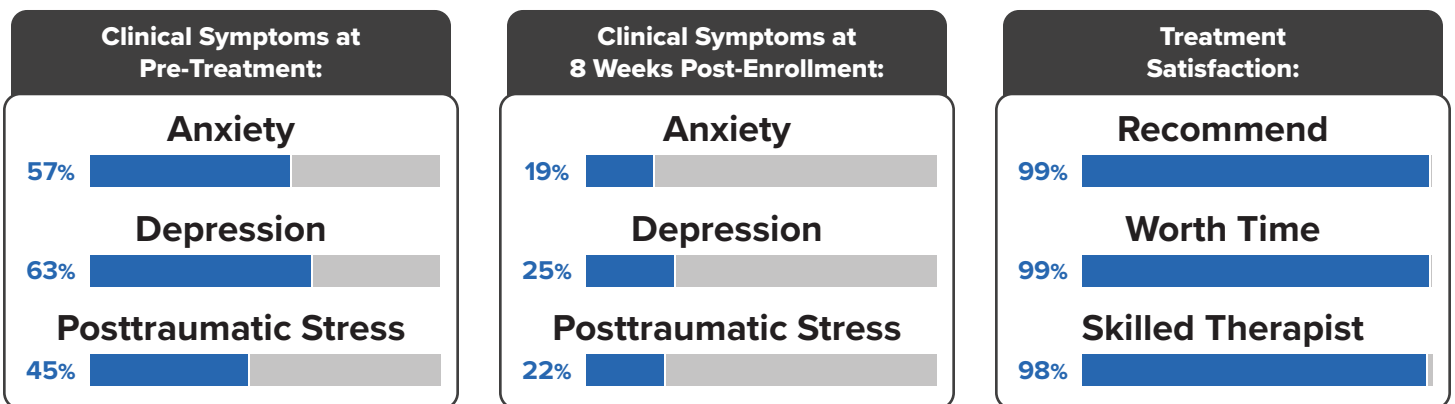
262 Canadian PSP who identified as working in the Paramedic Sector (21% of total unique enrollers)

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.”
— Paramedic 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.” — Paramedic Sector Client

CONCLUSIONS:

1. Paramedics show interest in ICBT by signing up for PSPNET.
2. PSPNET can reduce clinical symptoms of anxiety, depression, and posttraumatic stress.
3. Paramedics enrolled in PSPNET report high levels of treatment satisfaction.

Paramedic Sector includes Advanced Care Paramedics (ACP), Critical Care Paramedics (CCP), Primary Care Paramedics (PCP), Emergency Medical Responders (EMR), Emergency Medical Technicians (EMT), and others.

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



ICRTSP
Institut canadien de recherche et de traitement en sécurité publique

