

# Case Stories in ICBT for Public Safety Personnel: Mixed Methods Study (2024)

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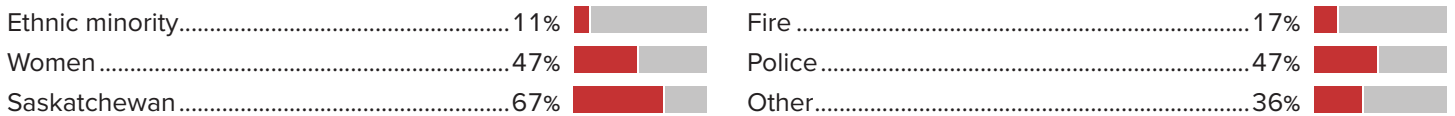
## WHY?

To explore case stories in the therapist-guided PSP Wellbeing Course developed with and for first responders and other public safety personnel (PSP) in Canada.

## DEMOGRAPHICS:

**36** Canadian PSP (10 completed a semi-structured interview)

DATA COLLECTION:  
Aug 2022 – June 2024



## POSITIVE VIEWS OF THE CASE STORIES:

### AUTHENTIC

84%

“The stories are real to first responders”  
— PSPNET client

### RELATABLE

60%

“Some of the experiences were very relatable which made it easier to connect to the stories”  
— PSPNET client



“The stories are helpful in making the content/concepts more concrete.” — PSPNET Client

## AREAS FOR IMPROVEMENT:



“I would have gotten more out of listening to the more fulsome story... It's the impact that I have on the people I love that hits me the most.”  
— PSPNET client

## CONCLUSIONS:

1. PSP reported positive views of case stories in the PSP Wellbeing Course.
2. PSP provided valuable feedback to improve story characters, content, and delivery.
3. Overall, this study adds to the growing body of research supporting the use of case stories in internet-delivered interventions for PSP.



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