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

| Community size 100,000+28% | |
|----------------------------|--|
| Men87% | |
| Volunteer54% | |

DATA COLLECTION: Dec 2019 - Oct 2024

| Saskatchewan | 39% | |
|-----------------|-----|--|
| Québec | 40% | |
| Other provinces | 21% | |

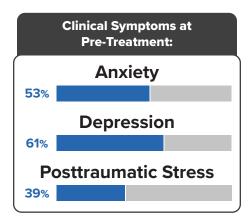
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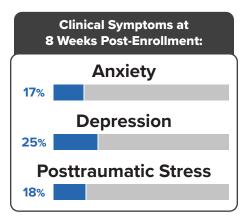
Getting in to see a mental health professional is arduous and this program offered me an immediate opportunity to take steps to get healthy while waiting (or in between visits) for a meeting with a professional.

— Fire Sector Client

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MENTAL HEALTH OUTCOMES:







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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

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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.

PSPNET offers internet-delivered cognitive behaviour therapy (ICBT) developed with and for Canadian first responders and other public safety personnel (PSP). Learn mental health information and skills in an online platform with optional therapist support via phone or secure messaging. **Sign up today by visiting pspnet.ca**



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





