

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

Community size 100,000+	28%		Saskatchewan	39%	
Men	87%		Québec	40%	
Volunteer	54%		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:

Clinical Symptoms at Pre-Treatment:

Anxiety

53%

Depression

61%

Posttraumatic Stress

39%

Clinical Symptoms at 8 Weeks Post-Enrollment:

Anxiety

17%

Depression

25%

Posttraumatic Stress

18%

Treatment Satisfaction:

Recommend

97%

Worth Time

100%

Skilled Therapist

100%

“

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:

- Individuals in the Fire Sector are showing interest in ICBT by signing up for PSPNET—including those in volunteer and career positions.
- ICBT is having a significant impact on clinical symptoms of anxiety, depression, and posttraumatic stress.
- 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.