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## Introduction

- Public safety personnel (PSP; e.g., border services, correctional workers, firefighters, paramedics, police officers, public safety communicators, search and rescue personnel) report high rates of mental health disorder symptoms and many barriers to accessing care.
- Internet-delivered cognitive behavioural therapy (ICBT) can help overcome barriers to mental healthcare, and recent studies have indicated that PSP are receptive to ICBT.
- The current study was designed to explore the mental health disorder symptoms, functioning, motivations, and treatment perceptions of PSP seeking tailored ICBT.

## Methods

**Sample:** 180 PSP in Saskatchewan and Quebec.

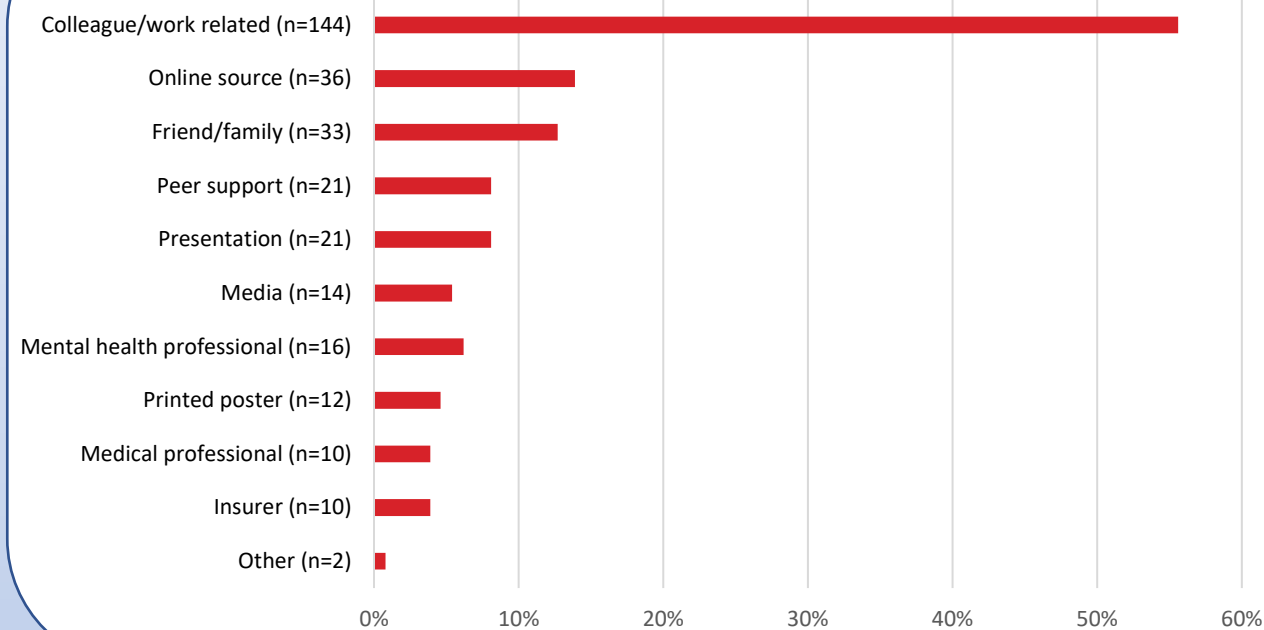
### Measured Variables:

- Depression
- Anxiety
- Posttraumatic stress disorder
- Panic disorder
- Social anxiety
- Alcohol use disorder
- Drug use disorder
- Anger
- Demographics
- Functioning
- Past treatments
- How clients heard about PSPNET
- Motivations for seeking ICBT
- Perceptions and expectations of ICBT

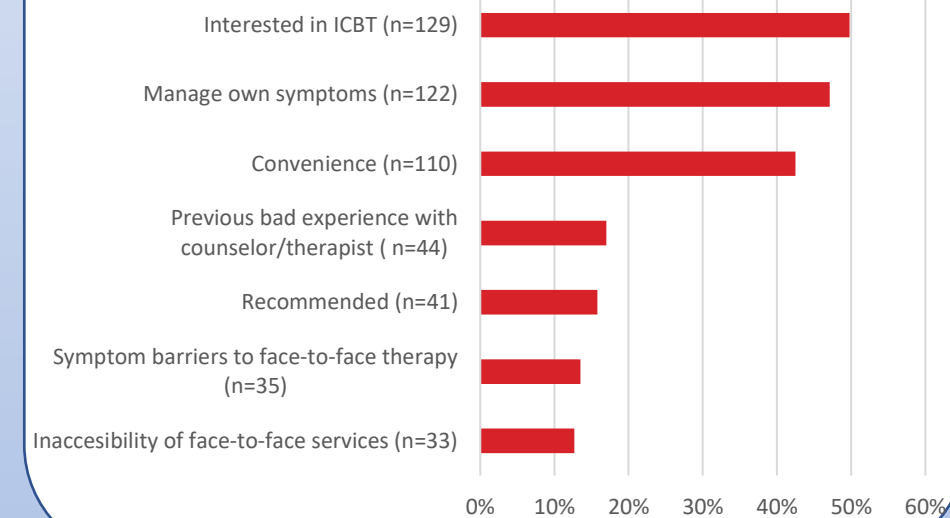
## Results

- Most (61%) reported elevated symptoms of anxiety, depression, and posttraumatic stress disorder.
- Most PSP (61%) indicated hearing about PSPNET from colleagues or other work-related sources.
- Most (92%) PSP reported feeling ICBT would be successful in improving their functioning.

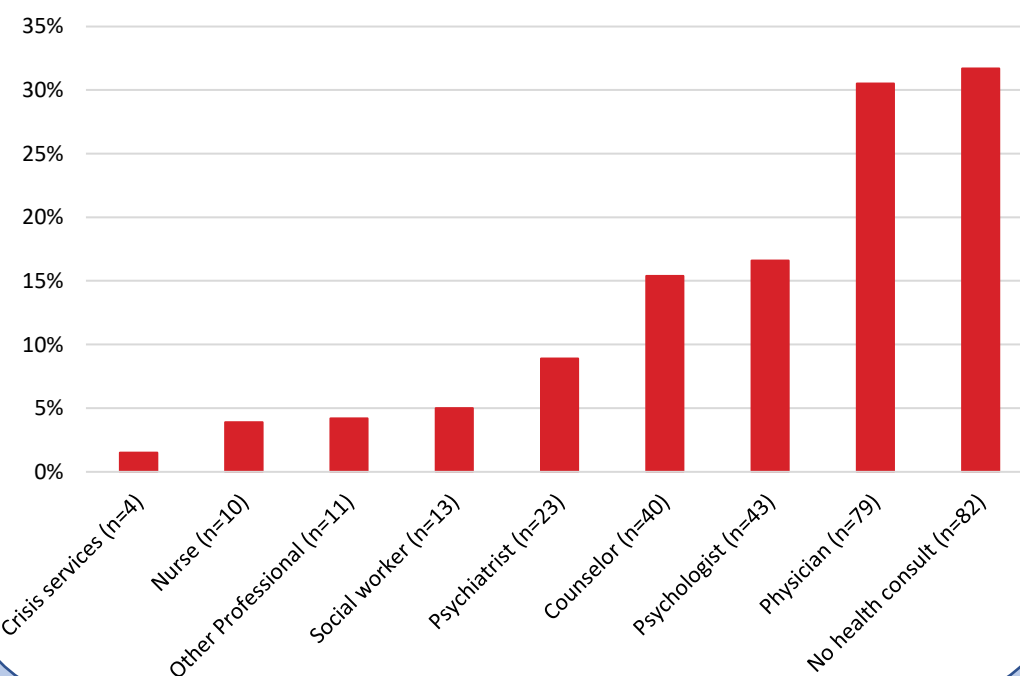
### How did PSP hear about PSPNET?



### Why do PSP seek PSPNET?



### What prior supports have PSP accessed?



## Conclusions

- PSP seek ICBT for diverse and often comorbid symptoms due to its convenience and an interest in managing their own symptoms
- Many PSP reported engaging in help-seeking behaviours prior to seeking ICBT, and most PSP reported hearing about PSPNET through work-related sources.
- The current results provide insights into factors related to ICBT treatment-seeking among PSP and can be helpful to all involved in the development, evaluation, or funding of mental health services for PSP.