

# iCBT Treatment Effectiveness for Adult Veterans & Active Military Populations



LAWSON HEALTH RESEARCH INSTITUTE

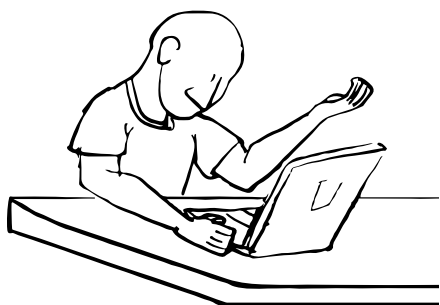
## Summary of meta-analysis of iCBT treatment effectiveness

Internet-Based Cognitive Therapy (**iCBT**) is the **delivery** of cognitive behavioral therapy (CBT) **through a computer, phone, or mobile device**, often guided by a mental health professional.



**Veteran & active military members are unique populations for treatment.** They have distinct symptom presentations & treatment responses.

As **remote care**, such as iCBT, **has more than doubled** since the pandemic, we must ask;



## Is iCBT for adult military populations an effective treatment option?

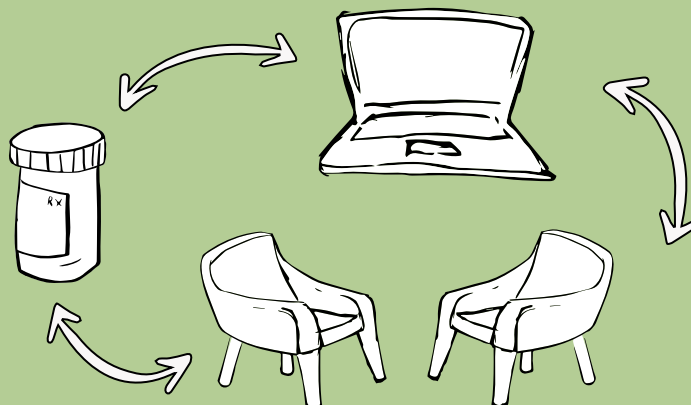


To answer this, we conducted a **meta-analysis of 20 published academic literature studies** on iCBT effectiveness in treating PTSD & depression.

Our research showed **iCBT is as effective** for military populations, as it is for civilian populations.

Though slightly smaller, **symptom improvements** are **comparable to traditional face-to-face CBT**.

Furthermore, our results found that using iCBT **with other treatment options**, such as medication or other forms of therapy, leads to **better symptom improvement** than using iCBT alone.



### Visual abstract based upon:

Liu, J.J., Ein, N., Forchuk, C. et al. A meta-analysis of internet-based cognitive behavioral therapy for military and veteran populations. BMC Psychiatry 23, 223 (2023). <https://doi.org/10.1186/s12888-023-04668-1>

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