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## My Research: Internet-delieverd Cognitive Behavioural Therapy for Persons with Brain Injury

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People with brain injuries are four times more likely to suffer from mental health problems than the general population. These problems are prevalent and disabling, but they often go untreated for various reasons, including stigma and accessibility. Internet-delivered cognitive behavioural therapy (ICBT) overcomes face-to-face therapy barriers by reaching a wider group of patients who experience unequal access to healthcare. However, a gap remains in its use and effectiveness among patients with brain injuries. Therefore, we created a specialized ICBT program tailored for individuals with brain injuries, and the goal is to significantly improve their health outcomes and mental health care delivery. The program emphasizes learning skills that individuals can implement into their daily lives to help manage their symptoms. We hope that through my research, we will get a better understanding of the vast potential of virtual mental healthcare and create pathways to make psychological services accessible and cost-effective.