

JAPNA Article: Decreasing Depression and Anxiety in College Youth Using the Creating Opportunities for Personal Empowerment Program (COPE) - March-April 2019 (25:2)

1. What percentage of college students are getting the treatment they need for depression and/ or anxiety?

- A. 5% - 13%
- B. 40% - 50%
- C. 10% - 20%
- D. 25% - 33%

2. Barriers identified by young adult college students to seeking mental health care include:

- A. Stigma
- B. Cost
- C. Don't know where to go for help
- D. All of the above

3. Without effective treatment, young adult college students with mental health issues are more likely to:

- A. Have motor vehicle accidents
- B. Use marijuana
- C. Drop out of college
- D. Become estranged from family

4. Cognitive behavioral therapy (and the CBT based COPE program) are based on the theory that:

- A. Individuals can identify, evaluate, and change automatic negative thoughts to feel and act better.
- B. Changing your behaviors and developing positive habits can improve your mood.
- C. Feelings can be monitored to track mood fluctuations and anxiety levels.
- D. Working with a therapist to explore early developmental traumas can inform current treatment.

5. COPE (Creating Opportunities for Personal Empowerment) is an empirically supported intervention that:

- A. Has been studied as an online one semester course for college first year student.
- B. Is delivered using a treatment manual of 5 sessions.
- C. Has as the primary aim, teaching coping skills (thought stopping, relaxation breathing, etc.).
- D. Combines an exploration of childhood issues with addressing current concerns

6. Positive outcomes with the participants in this Young Adult COPE pilot project were measured pre-intervention and post intervention with:

- A. GAD-7 and HAM-D assessment scales
- B. Speilberger State/ Trait Anxiety inventory & Beck II inventory
- C. PhQ 9 – Patient Health Questionnaire
- D. Beck Youth Inventories - Anxiety and depression