

+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. Spielberger State/ Trait Anxiety inventory & Beck II inventory

C. PhQ 9 – Patient Health Questionnaire

D. Beck Youth Inventories - Anxiety and depression