Depression and Anxiety Summary

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Depression and anxiety are huge problems that a lot of college students have to deal with because of the many life changes that they are going through and a lot of other factors. This is a major issue because depression and anxiety can have a significant effect on a student's performance and can even determine if a student will graduate college. College can be a difficult transition and these people suffering from depression and anxiety need help. The sad thing is that many of the people affected do not get the help that they need. This is due to many factors but one of the main things is that they do not know where to get help. This factor and the other reasons why college students do not get help can be lessened if these students get proper education on ways to help and information on places they can go to get help. Depression and anxiety are the most common mental health diagnosis for this population, so it is a major problem that we need to help solve.

Cognitive-behavioral therapy is one way that college students can get the help they need, and it has been shown to improve symptoms of both depression and anxiety. It focuses on an individual's own emotions and behaviors and how they affect the way they see the world. This therapy is so effective because it focuses on the root of the problem for these people. It can help people change the way they look at the world and can even change the way they react. This allows for continual change and long-lasting improvement in the persons' depression and anxiety symptoms since it can affect their mood. The only downside to this therapy is that many students may not be able to afford it and a lot of colleges do not have good enough counseling that would provide this for students. This is why people have developed COPE.

COPE is based on cognitive behavioral therapy, so it has a similar effect to it. Instead of it being done by counseling though it is done as an online class for college students. It allows college students to effectively adjust and helps improve their anxiety and depression symptoms. A lot of the students that have been involved in this class have shown improvements in both so COPE could be a good alternative for these students. It is also just one semester so they can easily be a part of it and gain valuable improvements to help reduce their symptoms and improve their time in college. It may even end up making it more likely for these students to perform well and make it through to graduation.