

Hart Abney, B. G., Lusk, P., Hovermale, R., & Melnyk, B. M. (2019). Decreasing Depression and Anxiety in College Youth Using the Creating Opportunities for Personal Empowerment Program (COPE). *Journal of the American Psychiatric Nurses Association*, 25(2), 89–98. <https://doi.org/10.1177/1078390318779205>

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

Article Summary

While college is supposed to be one of the most exciting times in a young adult's life, it can also be damaging to your mental health as well. Researchers in the pilot project have seen an increase in college students with anxiety and depression. Although resources for these types of cases have been limited, they have put together a program called COPE to help reduce anxiety and depression of these college students.

COPE, Creating Opportunities for Personal Empowerment, have "demonstrated clinically meaningful improvement in depressive and anxiety symptoms as measured by the Beck Depression Inventory-II and the State-Trait Anxiety Inventory." There were 13 participants to participate in the COPE young Adult program and what they did had complete psychiatric evaluations and interventions on how to reduce symptoms." If the student agreed to participate, they completed the pretest data and set up the next appointment. The following meetings were set up to begin the seven weekly COPE 30-minute individual sessions as previously described (Table 1), delivered in the College Health Services Clinic. Participants were offered a variety of options, including daytime or evening sessions to promote attendance."

The results in completion of the program were remarkable. The participants were asked questions on how COPE program has impacted them, and most were saying that the tools and techniques that they were taught helped tremendously with their day-to-day life.