



Your child may be eligible to participate in

Coping Options for Positive Emotion

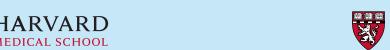
Coping Options for Positive Emotion

Research Study Funded by the National Institutes of Health

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COPE is part of the Child Cognitive Behavioral Therapy (CBT) Program at Massachusetts

General Hospital.



Does your child appear sad, irritable, hopeless, or withdrawn?

If yes, your child may have symptoms of depression.

Depression in children ...

- Is a serious condition affecting 1 in 50 kids.
- Makes it difficult for children to function and fulfill their potential.
- Makes it difficult to have a positive environment at home.
- If not treated, can continue into adulthood.
- There are available treatments.

Coping Options for Positive Emotion (COPE)

is a 6 to 12-week treatment for child depression

- The treatment is part of a study focusing on the development of personalized treatment.
- The treatment includes one to two types of therapies. Their order is determined by random assignment (flip of a coin).
- The therapies focus on decreasing depressive symptoms, increasing positive mood and improving coping abilities.
- Studies have found that the coping skills used in these therapies may be helpful for children with depression.

Therapy I

Cognitive Behavioral Therapy

Provides the child with individual coping skills

Therapy 2

Caregiver-Child Treatment

Provides the parent and child with coping skills to use together

COPE is for both children and their parents.

- Children should be 7 to 14 years old.
- Children should have signs and symptoms of depression.
- Parents should be willing to participate in the treatment and interviews.
- Parents and children should speak English.
- Treatment is provided at no cost.
- Payment is provided for participation in interviews.
- Parking permit is provided.