

**YOUR CHILD MAY BE ELIGIBLE TO
PARTICIPATE IN COPE!**

COPE

Treatment is provided
free of charge

Payment for participation
in interviews

Please Contact Us:

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We are located at:

Child Mood Disorders Laboratory
Judge Baker Children's Center
Harvard Medical School Affiliate
Free Parking / Accessible by T

Research Study
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COPE



Coping Options for Positive Emotion



Does your child appear sad, irritable, hopeless, or withdrawn?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 positive environment at home
- If not treated, can continue into adulthood
- There are available treatments

Coping Options for Positive Emotion (COPE)

COPE is a 6-12 weeks treatment for child depression

The treatment is part of a study focusing on the development of personalized treatment

The treatment includes 1-2 types of therapies and 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 found that the coping skills used in these therapies may be helpful for children with depression

Therapy 1

Cognitive Behavioral Treatment

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 8 to 12 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