



MASSACHUSETTS
GENERAL HOSPITAL



MASSACHUSETTS
GENERAL HOSPITAL

*Your child may be eligible
to participate in*

COPE



Coping Options for Positive Emotion

COPE



Coping Options for Positive Emotion

*COPE is part of the Child
Cognitive Behavioral
Therapy (CBT) Program at
Massachusetts
General Hospital.*

*Please Contact Us:
Dikla Eckshtain, PhD
617.643.7821
cope@partners.org*

*Research Study
Funded by the
National Institutes
of Health*



HARVARD
MEDICAL SCHOOL

Child CBT Program
Massachusetts General Hospital
Harvard Medical School
151 Merrimac Street
Boston, MA 02114



HARVARD
MEDICAL SCHOOL

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Does your child appear sad, irritable, hopeless, or withdrawn?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 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 1

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.