Your child may be eligible to participate in COPE

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

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Does your child appear sad, irritable, hopeless, or withdrawn?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