About the Project

The *Helping Families Cope with Stress* research project seeks participants to test two programs aimed at preventing children of parents with a history of depression from developing depression or other mental health problems.

**This project aims to prevent depression by:**

- Teaching families about the impact of stress
- Strengthening parenting and reducing parents’ depression
- Teaching children skills for coping with stress

**Who Can Participate?**

You may be eligible to participate in this study if:

✓ You have a child between the ages of 9 and 15 years.

✓ You or your spouse has experienced depression within your child’s lifetime.

✓ Do you worry about the effects of stress on your family?

✓ Have you ever felt depressed?

✓ Do you have children between 9 and 15 years old?

✓ Are you concerned that your children also may be at risk for depression?
Why Prevent Depression?

- Depression affects 19 million Americans and impacts the lives of millions of families.

- About 10% to 15% of children will experience an episode of depression by age 15. Children whose parents have had depression are 2 to 3 times more likely to develop emotional or behavioral problems.

Fortunately, a growing body of research suggests that the adverse effects of parental depression can be reduced or prevented.

- Parents who are depressed often struggle with feelings of sadness and irritability and find it hard to be available to their children.

- Depression can make it more difficult to parent consistently, and families often find life more stressful when a parent is depressed.

- Many parents worry that their children are at risk for depression.

Eligible families will be offered one of the following programs:

Family Group Program:

- You will participate in 10 weekly in-person group sessions with a few other families, followed by 3 monthly sessions.

- This program includes information about depression, and helps families cope with stress.

- Parents learn parenting skills and children learn coping skills.

Family Readings Program:

- You will receive reading materials about depression and about the effects of parental depression on children and families.

- Parents will receive information about parenting and treatments for depression.

- Each family will be given materials to review on their own and will be contacted periodically by our research team to see how the reading is going.

Who are the researchers?

**Bruce Compas, PhD**

Dr. Compas' research is focused on understanding and improving the ways that children, adolescents, and their parents cope with significant stress and adversity in their lives.

**Judy Garber, PhD**

Dr. Garber's research focuses on risks, treatment, and prevention of depression in children and adolescents.

Contact Us

Email us: familycoping@gmail.com

To speak with a team member, please call: (615) 450 - 0326

For more information and to take our confidential online survey, please visit: www.familycoping.org