

# Online Intervention to Reduce Anxiety: An Evidence-Based Review

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## What is the study about?

This evidence-based review examined twenty studies, analyzing the effects of nonpharmacological online interventions for a reduction of symptoms of generalized anxiety disorder (GAD) in school-age youth.

## What did they find?

The studies suggested that the most popular form of multidisciplinary interventions used to treat anxiety disorders is Cognitive Behavior Therapy (CBT). Effective outcomes of improved physiological, social, and cognitive development are supported by cognitive behavior therapy such as the COPE Program.

### What are the benefits of the COPE Program?

- Stands for Creating Opportunities for Personal Empowerment
- Cope is a 7-week, 15 session cognitive behavioral skills building program that is provided in brief 25-30-minute sessions or 50 minutes class sessions.
- Provides school-age youth with psychoeducation presentations that use the concepts of CBT to learn skills for personal empowerment.
- Three major concepts include: learning new cognitive behavior skills, lifestyle behaviors, and distinguishing between thoughts, feelings, and emotions.
- Supports the need for early intervention and cost-effective interventions for school-age youth who are diagnosed with GAD.
- The program has been studied and seen effective for a diverse range of youth of all ages and ethnic backgrounds.
- COPE is a program that is easily accessible online with technology-driven interventions that have been proven to help school-age children with GAD.
- For additional information about the COPE program visit: <https://www.cope2thrive.com>

### Why is the Study Important?

- The Child and Mind Institute (2015) found that 80% of anxiety disorders that are easy to diagnose are not receiving treatment.
- School-age youth are at a critical stage of development period and untreated anxiety is associated with early school dropout rates and childhood obesity.
- It is important for school professionals to learn the most effective and efficient interventions/programs to best support their students.
- The study provides screening tools, interventions, and positive desired outcomes for school-age children with GAD.

### What can School Social Workers Do?

- Implement this program with students who struggle with symptoms of generalized anxiety disorder.
- Support students and provide psychoeducation about the COPE program and its successful outcomes.
- Provide guidance and therapeutic support while the student is participating in the COPE program.
- Help students learn the best and most effective interventions and programs to help them succeed in school.