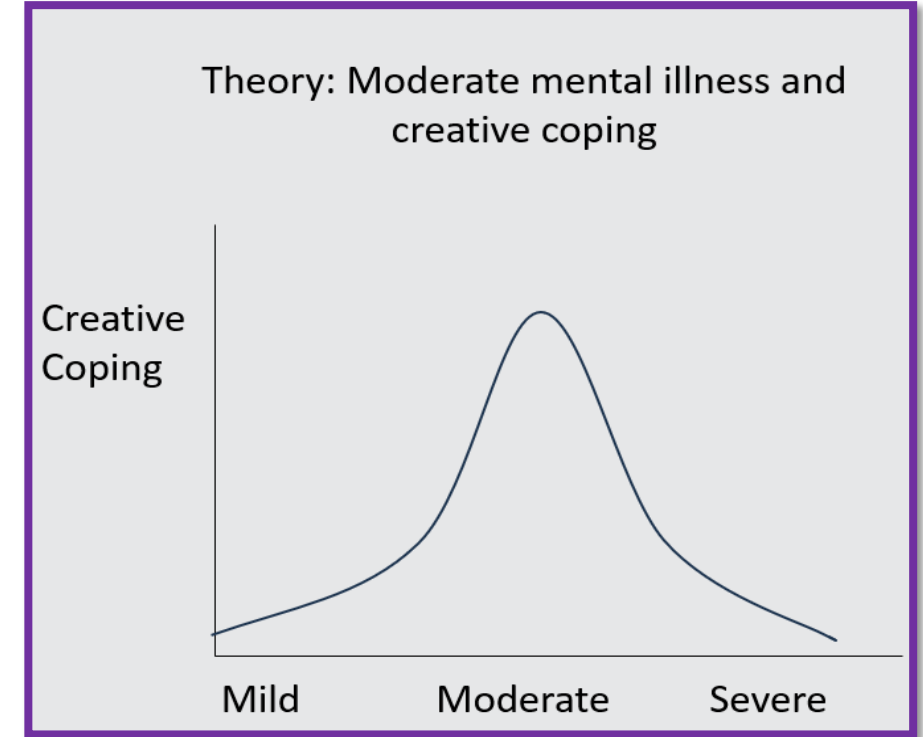


# Coping with Creativity: The relationship between Depression/Anxiety and Creative Coping in College-Age Students

- This study aims to address gaps in the literature concerning how college-aged students with the most common mental illnesses use creativity to cope.
- Creative coping will be defined as the use of these unique and novel ideas to help reduce symptoms and cope with environmental stressors.
- Hypothesis 1: Influence of Mental Illness type on Coping Skills
- Hypothesis 2: Influence of Severity of Mental illness on Creative Coping Skills
- Hypothesis 3: Frequency of Coping in those with Moderate severity
- Hypothesis 4: Interaction between Depression and Anxiety
- Study is currently in data collection, and is distributed as an online survey which includes:
  - Demographic and current mental health diagnosis questions
  - Beck's Depression Inventory II and Beck's Anxiety Inventory
  - A "Coping Skills" list, including non-creative coping skills pulled from Coping Skills: Tools and Techniques for Every Stressful Situation and creative coping skills adapted from the Inventory of Creative Activities and Accomplishments (ICAA)
    - EX:1. How frequently do you write literature (i.e. short stories, stories, poetry, etc.)? How effective is writing literature at improving your mood?
- End of Survey questions asking if there are any coping skills they wish to list along with frequency/effectiveness



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