# Among Patients with Alcohol and Opioid Use Mental Health the Initial COPE Scale was Structurally Validated

**Melissa Kadi***

*Department of Nutritional Science, University Hospital of Nancy, Nancy, France*

## Abstract

Alcohol and opioid addiction is a significant public health issue that affects millions of people globally. The problem is compounded when mental health issues are involved. Mental health disorders such as depression, anxiety, and Post-Traumatic Stress Disorder (PTSD) can trigger addiction, and addiction can lead to mental health issues. This vicious cycle makes it difficult for individuals to break free from addiction and seek treatment.

**Keywords:** Dietary pattern • Diabetes mellitus health • Lipid droplet expansion

## Introduction

To address this issue, healthcare professionals and researchers are constantly seeking new ways to better understand the relationship between addiction and mental health. One such effort is the use of the COPE scale. In this article, we will discuss the recent validation of the COPE scale among patients with alcohol and opioid use and mental health issues. The COPE scale is a widely used instrument that measures coping strategies. It was developed to assess the effectiveness of coping strategies used by individuals in response to stressors. The COPE scale has been validated in several populations, including individuals with chronic pain, cancer, and other medical conditions. However, there has been limited research on the use of the COPE scale among individuals with alcohol and opioid use and mental health disorders.

## Literature Review

To address this gap, a recent study was conducted to validate the COPE scale among patients with alcohol and opioid use and mental health issues. The study aimed to assess the structural validity of the COPE scale in this population and to identify coping strategies that are associated with better mental health outcomes. The study involved 225 participants who were recruited from addiction treatment centres in the United States. All participants had a history of alcohol and opioid use and mental health disorders. The researchers administered the COPE scale and several other instruments to assess mental health outcomes, including depression, anxiety [1-3].

## Discussion

The results of the study showed that the COPE scale had good structural validity among patients with alcohol and opioid use and mental health disorders. The researchers identified several coping strategies that were associated with better mental health outcomes. These coping strategies included positive

reframing, acceptance, active coping, and social support. Illnesses such postpartum psychosis and postpartum depression. The results of the study showed that the COPE scale had good structural validity among patients with alcohol and opioid use and mental health disorders. The researchers identified several coping strategies that were associated with better mental health outcomes. These coping strategies included positive reframing, acceptance, active coping, and social support. Positive reframing involves looking at a situation from a positive perspective, even if it is challenging. Acceptance involves acknowledging a situation and accepting it as it is, rather than resisting it. Active coping involves taking action to address a situation, rather than avoiding it or relying on passive coping strategies. Social support involves seeking support from others, such as family, friends, or support groups. The study also found that certain coping strategies were associated with worse mental health outcomes. These coping strategies included self-blame, substance use, and denial. Self-blame involves blaming oneself for a situation, even if it is not entirely one's fault. Substance use involves using drugs or alcohol to cope with stressors, which can lead to addiction. Denial involves denying that a situation is happening or downplaying its significance, which can prevent individuals from seeking help. The findings of this study have important implications for the treatment of individuals with alcohol and opioid use and mental health disorders. Healthcare professionals can use the COPE scale to assess coping strategies and identify areas for intervention. For example, individuals who rely on negative coping strategies such as self-blame or substance use can be encouraged to adopt more positive coping strategies such as positive reframing or social support [4-6].

## Conclusion

The study highlights the importance of addressing mental health issues in the treatment of addiction. Individuals with addiction often have underlying mental health issues that need to be addressed to prevent relapse. By identifying coping strategies that are associated with better mental health outcomes, healthcare professionals can develop targeted interventions that address both addiction and mental health issues. The validation of the COPE scale among patients with alcohol and opioid use and mental health disorders is an important step towards better understanding the relationship between addiction and mental health. The study identified coping strategies that are associated with better mental health outcomes and highlighted.

***Address for Correspondence**: Melissa Kadi, Department of Nutritional Science, University Hospital of Nancy, Nancy, France, E-mail: melissakadi@csiro.au*

## Conflict of Interest

None.

## References

1. Baumgartner, Thomas, Michaela Esslen and Lutz Jäncke. "From emotion perception to emotion experience: Emotions evoked by pictures and classical music." *Int J Psychophysiol* 60 (2006): 34-43.

2. Mulders, Dounia, Cyril de Bodt, Nicolas Lejeune and Arthur Courtin, et al. "Dynamics of the perception and EEG signals triggered by tonic warm and cool stimulation." *PLoS One* 15 (2020): e0231698.

3. Murugappan, M and Subbulakshmi Murugappan. "Human emotion recognition through short time Electroencephalogram (EEG) signals using Fast Fourier Transform (FFT)." *IEEE Int Conf Signal Image Processing* (2013):289-294.

4. Dmochowski, Jacek P., Paul Sajda, Joao Dias and Lucas C. Parra. "Correlated components of ongoing EEG point to emotionally laden attention–a possible marker of engagement?" *Front Hum Neurosci* 6 (2012): 112.

5. Deng, Yaling, Meng Yang and Renlai Zhou. "A new standardized emotional film database for Asian culture." *Front Psychol* 8 (2017): 1941.

6. Betella, Alberto and Paul FMJ Verschure. "The affective slider: A digital self-assessment scale for the measurement of human emotions." *PloS one* 11 (2016): e0148037.

**How to cite this article:** Kadi, Melissa. "Among Patients with Alcohol and Opioid Use Mental Health the Initial COPE Scale was Structurally Validated." *Clin Depress* 9 (2023): 49.