

COPPES-R

Administration and Interpretation

Administration

The COPPES-R contains 46 items covering a broad range of simple everyday activities, such as “listening to sounds of nature.” It is not an exhaustive list, however, and was created over a decade ago. The revised version provided here has been updated.

For each COPPES-R item, the client is asked to give two ratings:

1. How often the activity occurred in the past month:

0 = not at all
1 = 1 to 6 times
2 = 7 or more times

If this seems confusing, you can reframe it this way:

0 = didn't happen
1 = a few times, maybe once a week
2 = generally twice a week or more often, in the past month.

2. How positive, rewarding, or valued it was, or would have been if it had happened. So even if frequency = 0 (it wasn't actually experienced), the client rates their likely level of experiencing the event as positive:

0 = not at all
1 = somewhat
2 = very much

It can be easier to do the second rating if you explain it this way:

0 = was not (or would not have been) positive if it occurred
1 = was (or would have been) somewhat positive
2 = was (or would have been) very positive.

Interpretation

The goal of the COPPES-R is to assist a client to create an individualized list of potentially positive activities for the client to plan in their schedules and actually do.

1. Review which items (if any) are scored both 2 for frequency and 2 for being positive. These are things the person is doing fairly regularly to uplift their mood. It is good to note them and encourage the client to continue doing them but indicate they are not the focus for discussion.
2. Review the most productive pattern: Some of the COPPES-R items may be scored 0 for frequency and 2 for positivity. These are things the client would really like to be doing but isn't doing now. These are key items to focus on. Some of these activities will become targets to increase once it is clear what gets in the way of clients doing them. Often, discussing these activities (and associated barriers) stimulates discussion about related things the client might enjoy doing that aren't on the list and that are unique to

them. The goal is to encourage the development of a list of positive activities that are highly individualized for each client.

3. Review the “in between” pattern: items that are scored 0 or 1 for frequency and 1 for positivity. These are “so-so,” and the client’s mood may possibly improve if these activities were included. Because these items are not as clear-cut, it is important to discuss these to understand their relevance.
4. Review items where frequency is 2 and positivity is 0. These are activities you can encourage the client to consider decreasing because they are not positive, rewarding, valued, or meaningful. Our focus here is on activities to increase. Do not attempt to problem-solve these items with the aim of increasing their perceived value. Depending upon the client’s situation, you may focus on some of these items with the goal of reducing their frequency

The administration and interpretation information is provided to support use of positive activities to improve the daily mood of the person taking the COPPES-R. This information may be used by the individual user or by the helping clinician. When a low mood begins to affect daily life and relationships, this information is best used by individuals as they work together with a licensed mental health provider to overcome depression. The suggestions in this scale do not replace the need for treatment provided by a licensed behavioral health provider. Licensed practitioners using the COPPES-R to support the efforts of a client or patient are encouraged to review the suggestions provided in *Treating Later-Life Depression Clinician Guide, 2nd edition (Steffen et al., 2022)*.