The present study revised a psycho-educational program designed to prevent depression (Oikawa & Sakamoto, 2007) and to enhance interpersonal coping resources for depression. The effects of the revised program on female undergraduates were examined. One hundred and seventy two undergraduates were assigned either to an experimental group or a control group. The experimental group participated in the revised program for ten weeks as part of a psychological class, while the control group did not. All participants were asked to complete a self-report questionnaire about self-efficacy for cognitive, behavioral, and interpersonal coping for depression, the state of their mental health, and perceived social support from their family and friends before and after the program. The experimental group’s ratings and responses indicated that the program were interesting and meaningful. Moreover, self-efficacy for coping with depression and perceived support from friends at the post intervention were significantly increased in the experimental group compared with the control group. These results suggest the effectiveness of the revised program for increasing interpersonal coping resources.

**Keywords:** social support, depression, psycho-education.

*The Japanese Journal of Psychology*
2016, Vol.86, No.6,