



MODULE 3

# Behavioral Activation

SECTION A

## Introduction to BA





# Behavioral Activation

## Objectives:

- Reduce depression by gradually increasing engagement in pleasant and enjoyable activities that are client identified
- Help patients re-engage in pleasant activities and learn new ways of dealing with distress



# Behavioral Activation

***Physical Activity***

***Social Interaction***

***Pleasant Events***



# Behavioral Activation

**Depression → inactivity and withdrawal**

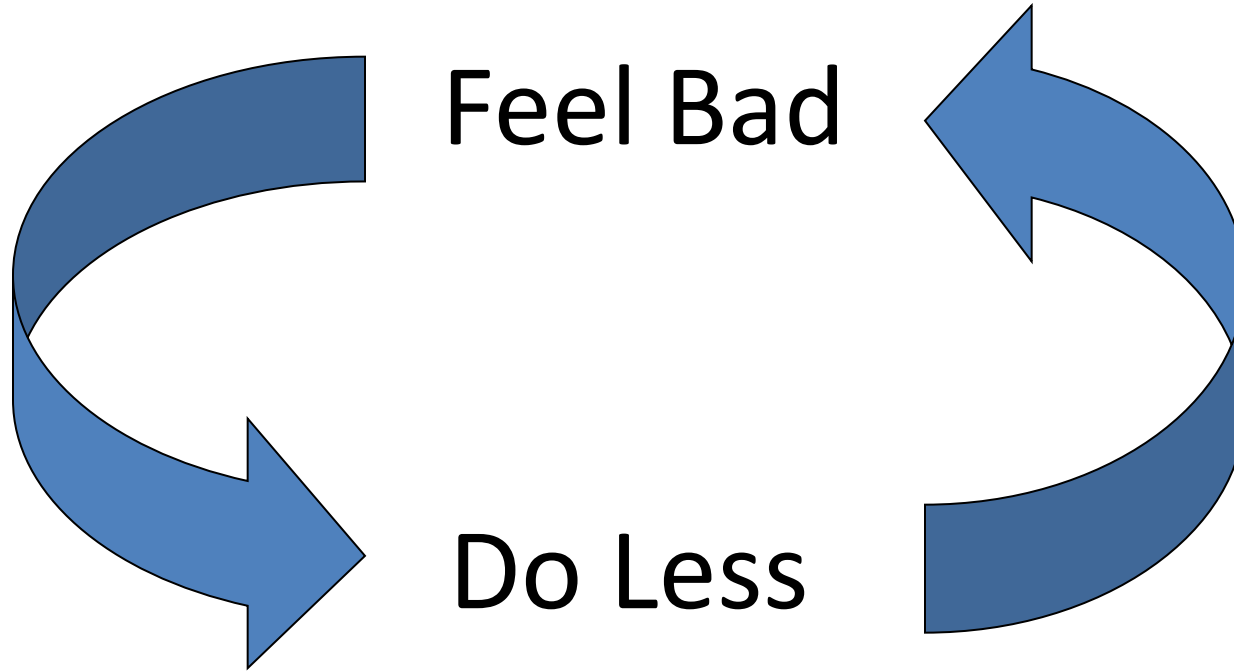
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**Downward cycle of doing less and feeling worse**

- Awareness of this pattern can help some patients understand the purpose and benefit of behavioral activation**



# Activity Scheduling



**Social / physical activities tend to be most potent mood boosters**

**Treatment will also focus on increasing daily pleasant events**



# Reasons for Change in Activity

## Some additional reasons:

- **Inactivity due to loss of function, i.e., vision problems, mobility problems**
- **Loss of partner**
- **Pain**
- **Lack of interest**
- **Move to new facility or location**
- ***YOUR ideas?***



# Behavioral Activation

## Goals:

- **Re-establish routines**
- **Distract from problems or unpleasant events**
- **Increase positively reinforcing experiences**
- **Reduce avoidant patterns**
- **Increase critical thinking**
- **Decrease negative emotional response**



# Behavioral Activation

## Some strategies:

- **Review pleasant activities for ideas**
  - Things that used to be ‘pleasant’ in the past
  - Consider new activities
- **List activities and rate them for mastery and pleasure**
- **Choose and schedule a daily pleasant activity**
- **Mentally rehearse the selected activity**
- **Identify potential barriers (feasibility, realistic activities)**





# Make a Specific Plan with Patient

**The more detailed the plan,  
the more likely it is to be followed**

**In the plan consider:**

- Date or days of the week**
- What time of day**
- How long**
- With whom**
- Other aspects that need to be planned**



# Follow Up

**Normalize that this is a self experiment – learn from any results**

**Review all tasks**

**Praise success – ask about how the activity affects their mood**

**Discuss things that didn't work**

- What obstacles got in the way?*
- Maybe we picked the wrong activity?*
- What might work better?*

**Set new goals and continue successful ones**

**Scheduling Activities**  
***Pleasant – Social – Physical***

Plan at least one activity each day. It is an important way to deal with stress and depression. Schedule out a week's worth of daily activities.

Each day should contain at least one activity. These can be pleasant, social, or physical activities. For example, a pleasant activity might be putting together a puzzle or some hobby, a social activity might be having tea with a neighbor, and a physical activity might be going for a walk.

**Rate how satisfied you felt after doing the activity**



Daily Activities			How <i>satisfied</i> did you feel?
Day	Date	Activity (What? Where? With whom?)	0 = Not Satisfied 10 = Super
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			