



Behavioral Activation Worksheet

Case Study: Maria has been referred to you by the primary care physician due to lack of improvement with her diabetes and depression. By reviewing the notes in the medical record, you note the following:

- Maria, 68, widowed, Latino, who lives with oldest daughter.
- Maria did not respond well to SSRI medications.
- Maria has poorly controlled type 2 diabetes.
- Maria fears dementia.
- She indicates that she doesn't do much around the house.
- She does not have much enjoyment.
- PHQ-9 score of 18.

Activity

Goal: Orient Maria to behavioral activation as an effective intervention to help her with depression.

What words will you use to orient Maria to the concepts of behavioral activation? _____

Engage Marie in a discussion on using the Activity Log. What will your approach be? _____

Activity

Goal: Observe the interactions in the video series.

What guiding BA Principles did you observe? _____

What responses of the patient to the therapist use of the activity log did you note? _____

What were the important techniques used to continue to motivate the patient in the use of BA? _____

How did you observe the patient's response to her success with a lowered PHQQ-9 score? _____

How did the therapist manage the patient's resistance to activation?

How did the style of the therapist affect the re-engagement of the patient?

What was the therapist's clinical stance in regards to the inactivity of the patient?

How did the therapist move away from the patient feeling a sense of failure?
