

Patient Selection Criteria for Behavioral Activation

Patient Selection Criteria:

- Depressive disorder (Major depression, minor depression, adjustment disorder with depressed mood, dysthymia) or significant depressive symptoms (eg, PHQ-9>10)
- Any life stress (unemployment, retirement, new medical problem or disability, marital problems, divorce) with associated depression symptoms is OK. BA is a good fit for this as can help with strategies to pursue goals, engage in appropriate self-care, and manage stress.
- Loss of loved one is OK. BA is very appropriate and can help identify ways the patient has had difficulty adjusting to the death of their loved one, and ways they may be cutting themselves off from other people and other life experiences. BA can help patients set goals for how they can take care of themselves. If other interventions are available (e.g., bereavement support groups), then additional referrals can be made.
- Comorbid anxiety OK (if Panic, OCD or PTSD are primary, then those should be treated first. As anxiety symptoms resolve, may consider switching to BA to address depressive symptoms).
- Mild cognitive impairment OK
- Alcohol or substance use OK

Exclusion Criteria:

- Dementia, or moderate cognitive impairment
- Current manic or psychotic symptoms
- Significant personality disorder