


Review of BA Tools and Brief Interventions

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BA Toolkit

- Form A Client Education
- Form B Vicious Cycle
- Form C Activity Form
- Form D Action Plan
- Patient Selection Criteria
- New forms:
 - Values and Priorities Worksheet
 - Goals Worksheet



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3 Goals of BA

- 1 Increase adaptive activities, preferably for mastery and pleasure
- 2 Decrease activities that maintain depressive symptoms
- 3 Problem solve barriers to rewarding things

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Use of Tools for Guidance During BA Practice



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graph TD; A[Psychoeducation with patient] --> B[Consider what's important for patient]; B --> C[Development of broad actionable goals]; C --> D[Scheduled activities]; D --> E[Connection between activities and mood]
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Client Education (Forms A and B)

Facts about Depression

What is Depression?

Depression is a medical illness. When low mood or sadness persists or interferes with everyday life, it may be depression. Depression can last months or even years if not treated.

What Are the Symptoms of Depression?

Key Symptoms:

- Depressed or sad mood
- Decreased interest or pleasure in activities

Other Symptoms:

- Significant changes in appetite or weight
- Sleep disturbances
- Restlessness or sluggishness
- Fatigue or loss of energy
- Lack of concentration or indecision
- Feelings of worthlessness or inappropriate guilt
- Thoughts of death or suicide

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Vicious Cycle (Form B)

Why is it Important To Do More Pleasurable and Rewarding Activities?

When people get depressed they don't feel up to doing the kinds of things they typically enjoy. By doing fewer enjoyable and rewarding things, they begin to feel worse. As they feel worse, they do even less and get caught up in a vicious cycle.



As part of our meetings, we will help you set a goal of doing at least one pleasurable or rewarding activity each day. These goals can include physical activity, socialization, or other recreational activities or hobbies that have value and meaning to you. Engaging in pleasurable activities like these will help break the vicious cycle of depression and improve your mood, interest level, and energy.



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What's Important for my Patient?



Day/Date: _____

Values and Priorities List

Below is a list of values and priorities. Consider which values are important to you at this point in time. Use the list to help you think about your goals and what you want to do. You may want to highlight the values that are most important to you. You may also want to think about how you can work on these values. You may want to think about how you can work on these values. You may want to think about how you can work on these values.

- 1. Family and relationships
- 2. Health and well-being
- 3. Career and education
- 4. Financial stability
- 5. Spirituality
- 6. Freedom and independence
- 7. Creativity and self-expression
- 8. Adventure and excitement
- 9. Knowledge and learning
- 10. Service to others
- 11. Power and status
- 12. Comfort and convenience
- 13. Security and stability
- 14. Tradition and heritage
- 15. Nature and the outdoors
- 16. Art and culture
- 17. Innovation and progress
- 18. Simplicity and minimalism
- 19. Community and belonging
- 20. Personal growth and development

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Values driving actionable goals



Day/Date: _____

Goals List

Using the values you identified in the previous list, think about the values that are most important to you. Use these values to help you think about your goals. You may want to think about how you can work on these values. You may want to think about how you can work on these values. You may want to think about how you can work on these values.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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Actionable Goals Shape Activities

List of Pleasant and Rewarding Activities

Instructions: List desired activities and rate the difficulty of each

| | ACTIVITY | DIFFICULTY: E = Easy M = Medium H = Hard |
|-----|----------|---|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| 8. | | |
| 9. | | |
| 10. | | |
| 11. | | |
| 12. | | |
| 13. | | |
| 14. | | |
| 15. | | |

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Activities Impact Mood

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 reading a book or doing a hobby, a social activity might be calling or getting together with a friend, and a physical activity might be going for a walk.


Rate how satisfied you felt after doing the activity.

| Day | Date | Activity (What? When? With Whom?) | How satisfied did you feel? Rate from 1 to 10 | | Satisfied ✓ |
|-----------|------|-----------------------------------|---|--------------------------|-------------|
| | | | 1 = Not Satisfied At All | 10 = Extremely Satisfied | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Sunday | | | | | |

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Discussion



- Are you using any of these tools or other forms with BA?
 - If so, how are your patients responding?
- Have you adjusted the tools to fit your patients and their needs?
- How do you change treatment when BA isn't working or isn't enough for your patient?

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Questions?



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