



AIMS CENTER

W UNIVERSITY *of* WASHINGTON

Psychiatry & Behavioral Sciences

Behavioral Activation

12.13.21

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Agenda

- **Introductions/Discussion**

- On a scale of 1-10 (10 being very confident) how are you feeling about using Behavioral Activation with your patients?
- What do you like most about using BA? Any challenges?

- **Brief BA Overview**

- **BA Challenges**

- Time management
- Bi-weekly visit schedule
- Identifying activities

- **Case Presentation Prep**



BA: The Four Steps

1. Explain the model

2. Ask lots of questions until you have a good formulation

3. Select BA targets and make a plan

4. Follow-up: Evaluate the outcome and problem solve barriers

Step 1 & 2 Forms: Introducing BA and Compiling List of Rewarding Activities

Form A

Facts about Depression

What is Depression?
Depression is a medical illness. When low mood interferes with everyday life, it may be depression. 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

What Causes Depression?
Depression is a medical illness with multiple causes, including psychological, social and medical factors. The symptoms reflect an imbalance in brain chemistry and may be influenced by genetics, stress or loss, or other physical changes co-occurring with depression. Sometimes depression can develop without a clear cause.

How is Depression Treated?
Depression is treatable. Appropriate treatment, such as psychotherapy, relieves symptoms for most individuals. Engaging in pleasurable and rewarding activities has also been shown to help relieve depression.

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 kind of activities they typically enjoy. By doing fewer enjoyable and rewarding things, they begin to feel worse. As they feel worse, they do even less and end 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 and rewarding activities these will help break the vicious cycle of depression and improve mood, interest level, and energy.

Form C

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. | | |

Step 3 Form: Scheduling Activities

From D
Meeting # _____ **Date:** _____

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.

| Daily Activities | | | How satisfied did you feel? Rate from 0 to 10: 0 = Not Satisfied At All 10 = Extremely Satisfied | Completed ✓ |
|------------------|------|------------------------------------|--|----------------|
| Day | Date | Activity (What? Where? With Whom?) | | |
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |



Time Management

- **How do you maintain a 30 min. visit?**
 - **BA session 1: Intro to BA and activities list**
 - Explain the structure of BA (length of visits, frequency, etc.) – 2 min.
 - Explain the BA model – 10 min.
 - Review PHQ-9
 - Form A & B: Psychoeducation
 - Develop a list of rewarding activities – 15 min.
 - Form C
 - Wrap-up – 3 min.
 - Homework: finish completing the activities list
 - Schedule follow-up visit
 - **Subsequent BA sessions**
 - Review symptoms and homework – 10-15 min.
 - Make a plan for the week – 15-20 min.
 - Form D - scheduling activities



Potential BA Modifications

- **Scheduling activities for bi-weekly appointments**
 - Option to fill out 2 separate forms, or repeat weekly schedule
 - Encourage a Plan B
 - Check-in by phone or portal between visits



Identifying Activities

Ask: *Can you think of one thing in the past week that you did not want to do, but you did it anyway and you were glad you did or felt better afterwards?*

Difficulty Identifying Activities

- Develop a list of free or low-cost activities in your area
- Resource: Activity Bank

Identifying Meaningful Activities

- Resource: Values Checklist



Next Steps: BA Case Presentations

- **Choose a Case**

To choose a patient for your case presentation, think about a patient with depression on your caseload who you know has struggled with one of the following:

- Patient having difficult understanding the therapeutic effects of Behavioral Activation
- Patient makes plans but doesn't carry them out
- Patient isn't seeing improvement with activation

- **Complete the Case Presentation Form**

- **Everyone come prepared to present on 01/10/2022**



Discussion/Informal Consultation

- **Any BA questions that came to mind about patients you are working with?**
- **Other challenges not discussed today?**
- **Any tips/tricks to share with the group?**