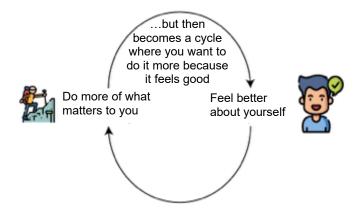
## Can Brief Behavioral Activation (BA) Help to Improve Mood?

What is BA?



## Goal of This Research

Due to the positive feedback from Veterans in our small study of BA, we expanded to a large research project. We asked 144 Veterans to help us, and ½ received BA and ½ received standard care.



Where was BA delivered?



Primary Care No need to go to a different clinic!

> How many 30-min. appointments?



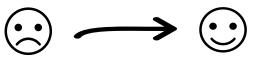
Followed by two telephone check-ins (15 minutes each)

## What Does This Mean?

The providers, referred to as PCMHI providers in the VA, who assist primary care teams in helping Veterans who have concerns like sadness, have a range of options they can offer Veterans to improve their mood.

If you would like to read more about this research, go to: Funderburk, J.S., Pigeon, W.R., Shepardson, R.L., Wade, M., Acker, J., Fivecoat, H., Wray, L., & Maisto, S.A. (2021). Treating Depressive Symptoms Among Veterans in Primary Care: A Multi-Site RCT of Brief Behavioral Activation. *Journal of Affective Disorders, 283*, 11-19. https://doi.org/10.1016/j.jad.2021.01.033

We found that Veterans in both BA and standard care <u>improved</u> their mood



However, we also found Veterans who received BA (compared to standard care) were **more** likely:

- to complete the BA appointments (91% of patients completed the 2 appointments)
  - engage in additional care if they needed it
- to report a higher level of quality of life and mental health functioning after receiving treatment and up to 3-months later



http://www.mirecc.va.gov/cih-visn2/