

Can 2 Brief Appointments Talking About Behavioral Activation (BA) Improve Veterans' Mood?

BA is thought to help with low mood and sadness by increasing your involvement in activities that you value



Delivered by a Member of your VHA Primary Care Team



What is Behavioral Activation?

- A member of the primary care team helps Veterans identify and rank their life goals
 - (example: "I want to be closer to my daughter/son", "I value volunteering")
- Using a worksheet, the Veteran examines how the activities they are doing match with their life goals and the impact on mood
- The Veteran identifies and sets S.M.A.R.T. goals to increase/decrease specific activities

What are S.M.A.R.T. Goals?

Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
G	O	A	L	S
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

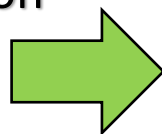
68%

of 22 Veterans had Improved Depressive Symptoms After BA

Goals of this Research

Using a small group of 22 Veterans, obtain initial feedback and satisfaction on their experience of 2 individual appointments of BA in primary care followed by 2 telephone check-ins. **The positive results suggest a larger study should be conducted.**

Veterans' Thoughts on Why BA Improved their Mood



If want to read more about this research, go to:

Funderburk, J. S., Pigeon, W. R., Shepardson, R. L., & Maisto, S. A. (2020). Brief behavioral activation intervention for depressive symptoms: Patient satisfaction, acceptability, engagement, and treatment response. *Psychological Services, 17*(4), 443–451. <https://doi.org/10.1037/ser0000328>



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