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

What is BA?

...but then becomes a cycle where you want to do it more because it feels good

Do more of what matters to you

Feel better about yourself

Where was BA delivered?

Primary Care

No need to go to a different clinic!

How many 30-min. appointments?

2

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.

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.

Findings!

We found that Veterans in both BA and standard care improved 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

If you would like to read more about this research, go to:

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