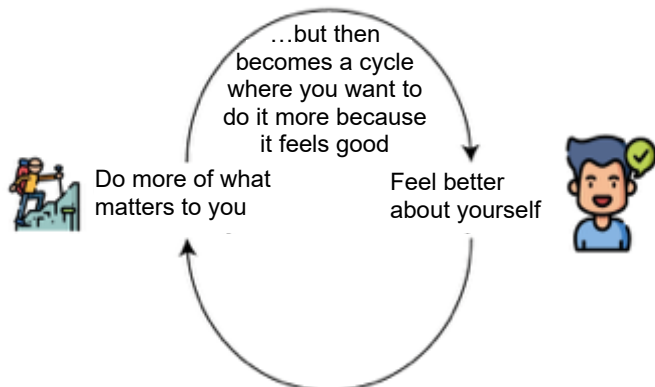


Can Brief Behavioral Activation (BA) Help to Improve Mood?

What is BA?



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 PCMH 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:

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>