BEHAVIORAL ACTIVATION
ROLE PLAY

MIJI UM, MS
PSYCHOLOGY RESIDENT

KARI STEPHENS, PHD
PACC PANELIST

5/6/2021
SPEAKER DISCLOSURES

✓ Any conflicts of interest?
  ✓ None
OBJECTIVES

1. To understand behavioral activation (BA) model for depression
2. To learn to apply BA with patients
BEHAVIORAL ACTIVATION (BA)

• Goal
  – “help clients modify their behavior to increase contact with sources of positive reinforcement in their lives”

• Efficacy is comparable to cognitive restructuring only, medication only, & CBT

• Structure
  – 1. Explain the BA model
  – 2. Assess the behavior target (with case formulation)
  – 3. Apply and problem solve
  – 4. Maintain treatment gains

DSM 5 CRITERIA FOR MAJOR DEPRESSIVE DISORDER

- 5 or more symptoms in the past 2 weeks
  - Depressed mood
  - Loss of interest or pleasure
  - Weight loss/gain
  - Insomnia or hypersomnia
  - Psychomotor agitation or retardation
  - Fatigue or loss of energy
  - Difficulty with concentration
  - SI, plan or attempt

Symptoms must include at least one of the two
1. BA MODEL

Slide adapted with a permission from Dr. Stephens
1. BA MODEL: 3 GOALS

Depressed mood

- Doing less
- Avoid

- Increase activities for mastery and pleasure
- Decrease activities that maintain depressive symptoms
- Problem solve barriers to rewarding things

Slide adapted with a permission from Dr. Stephens
2. ASSESS THE BA TARGET

• “What would you be doing more if you were not depressed?”
• “What did you stop doing because of depression?”
• “Is your mood related to specific activities, life contexts, or problems?”
• “What are you doing more because of depression?”
• “What do you avoid doing? How are you avoiding them?”
• ”When you avoid, how does that change your depression?”

Adapted from Dimidjian et al (2008)
2. ASSESS THE BA TARGET

• Role play
2. ASSESS THE BA TARGET

• Case formulation of “T”

Depressed, being hopeless, despair, ashamed

Not standing up for himself + Avoiding interpersonal conflicts

Assertiveness skill

Contented, optimistic, proud

Standing up for himself + Solving interpersonal conflicts

[BUILDING MASTERY]
3. APPLY AND PROBLEM SOLVE

• Collaboratively develop a specific homework with SMART Goals
  – Specific, Measurable, Attainable, Relevant, & Time-bound

• Enhance motivation using your Motivational Interviewing skills
  – “How confident are you with this assignment from 1 (not confident at all) to 10 (very confident)?”
  – ”What made you rate at [pt rating] than [lower than pt rating]?”
3. APPLY AND PROBLEM SOLVE

• Applying SMART goals on using assertiveness skills
  – Specific
  – Measurable
  – Attainable
  – Relevant
  – Time-based

• Role play on problem solving
## 4. MAINTAIN TREATMENT GAINS: ACTION (MARTEL ET AL., 2001)

<table>
<thead>
<tr>
<th>Action</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assess</td>
<td>Is this behavior approach or avoidance? Will it be likely to make me feel better or worse?</td>
</tr>
<tr>
<td>Choose</td>
<td>Either choose to continue this behavior, even if it makes me feel worse, or try a new behavior</td>
</tr>
<tr>
<td>Try</td>
<td>Try the behavior chosen</td>
</tr>
<tr>
<td>Integrate</td>
<td>Any new behavior needs to be given a fair chance, so integrate new behaviors into a routine before assessing whether it has been helpful or not</td>
</tr>
<tr>
<td>Observe the results</td>
<td>Pay close attention and monitor the effects of the new behavior</td>
</tr>
<tr>
<td>Never give up</td>
<td>Remembering that making changes can often require repeated efforts and attempts</td>
</tr>
</tbody>
</table>
PITFALLS TO AVOID

• Not checking on homework
• Not customizing target for each patient
  – Focusing on just “doing more”
  – Same “prescription” for every patient
• Not praising ANY movement towards positive direction
• Targeting the behavior that you think is “doable” for the patient
  – Making the target too big
  – Ignoring that there is low engagement or buy-in
HELPFUL RESOURCE

• Brief Behavioral Skills: Behavioral Activation (Drs. Kari Stephens and Patrick Raue)

https://www.youtube.com/watch?v=fqk41YZ81uM
QUESTIONS?