APPENDIX : Summary of BA sessions - short (4-6 weeks)

Session	Description	Example
Week 1: Introduction to Behavioral Activation (BA)	● Introduce the BA model of depression and treatment. ● Review how situations, feelings, and actions lead to downward or upward spiraling of mood. ● Introduce tracking activities and how you feel (mood) during or after each activity throughout the day.	1. BA Model example: Stressful situations can lead to negative mood and behaviors that make things harder to feel better (e.g., staying in your room more, not doing homework). 2. Those negative behaviors may lead to more problems/stress which results in *a downward spiral* towards low mood/depression. Upward spirals: When your actions follow a *goal* instead of your *mood* to help improve how you feel

Week 2: Goal Setting	● Talk through how to set SMART goals (Specific, Measurable, Appealing, Realistic, and Time-Bound) related to improving mood	1. SMART Goal Example: I plan to go on a 30-min walk with my dog and friend 3x this week
	● Introduce importance of breaking down the goals into smaller steps, i.e., mini-steps to reach a goal.	2. Mini-steps: 1) Check the weather to find the best days; 2) text my friend to see which days work; 3) pick a park or walking route; 4) send myself/my friend a google calendar invite
	● Practice setting up SMART goals and mini-steps for the week for yourself.	

Week 3: Identifying Barriers & Problem Solving	● Importance of identifying internal and external barriers that get in the way of accomplishing goals.	1. Examples of Barriers: *Internal barriers* include not feeling motivated, getting distracted, difficulty communicating your needs, feeling overwhelmed. *External barriers* include not having the right "tools" (e.g., need exercise equipment from a gym), need help from others (e.g., need a ride), other people not following through, or cost.
	● Introduce problem-solving to help overcome barriers	2. Problem-solving example: When encountering a barrier, you can use *COPE*: Calm yourself then Clarify the issue, brainstorm Options, Pick and Perform an option, Evaluate how it went.
	● Practice goal-setting.	

Week 4. Overcoming Avoidance	● Explaining that wanting to avoid something (avoidance) is a common internal barrier.	1. Examples of Avoidance: *Brooding* over a problem instead of solving it, *Procrastinating* taking action, *Hibernating* in your room or withdrawing socially, *Bursting* at people out of anger.
	● Understanding your Trigger, Response, and *Avoidance Pattern* (TRAP).	2. Example of TRAP/TRAC(k): I feel triggered when my mom yells at me to clean my room, I respond by feeling angry and worthless, and I have an *Avoidance Pattern* of yelling back and starting a fight. I will try
	● Using *Alternative Coping* to get back on TRAC(k). .	*Alternative Coping* of putting on my favorite dance song and listening to a podcast while I pick up my room.
Week 5 & 6: Practice	Practice setting SMART Goals and Overcoming Barriers to goals.	