

EPI SET – Behavioural Activation

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Objectives:

1. To describe behavioural activation and how it applies to a first episode population
2. To review practical applications of behavioural activation and connect these with Navigate material

What Is Behavioural Activation?

Strategies that help clients add structure to their day and engage in activities with the aim of improving mood

Can assist clients with low mood and motivation make positive changes

Best if combined with cognitive strategies

Can be used throughout treatment – using single interventions in the acute phase and multiple interventions in the wellness phase

Positive reinforcement is at the core of behavioural activation, people are more willing to engage in behaviours when they are rewarded (rewards can be: increased socializing, feeling more confident, skill mastery)

Behavioural Action Plans and Activity Scheduling

Both strategies used in CBT to enable clients to engage in previously enjoyed/mastery activities

Worksheets are common in behavioural activation

Behavioural Action Plans

- A plan for participating in one or two activities developed with the client
- Explore obstacles that may get in the way of the plan and problem solve these with client
- Be specific as to where, when they will carry out this plan

Behavioural Action Plans and Activity Scheduling

Activity Scheduling

- Useful for clients with low motivation and can help with organization (adding taking medication to schedule)
- Have clients track activities they engaged in throughout the week and their mood afterwards
- Use this tracking to help plan future activities to be scheduled, use a mix of pleasurable and mastery activities
- When following through with activities is difficult, it is helpful to understand the barriers and the thoughts associated with the barriers

Weekly Activity Schedule

Instructions: Write down your activities for each hour and then rate them on a scale of 0–10 for mastery (m), or degree of accomplishment, and for pleasure (p), or amount of enjoyment you experienced. A rating of 0 would mean that you had no sense of mastery or pleasure. A rating of 10 would mean that you experienced maximum mastery or pleasure.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 A.M.	Wake up m-2 Get dressed p-0				Wake up m-3 Get dressed p-1		
9:00 A.M.	Church with parents m-3 p-4				Walk the dog m-5 p-7		
10:00 A.M.		Wake up m-3 Get dressed p-1	Wake up m-3 Get dressed p-1	Wake up m-3 Get dressed p-1	Therapy m-7 p-6		Wake up m-2 Get dressed p-1
11:00 A.M.		Walk the dog m-4 Breakfast p-6	Walk the dog m-4 p-5	Walk the dog m-4 p-5		Wake up m-3 Get dressed p-1	Walk the dog m-4 Breakfast p-5
12:00 P.M.	Lunch with parents m-4 p-2					Walk the dog m-5 p-6	Clean my room m-6 p-3
1:00 P.M.			Lunch m-2 p-2	Lunch m-2 p-2			Hand wash laundry m-7 p-4
2:00 P.M.	Read newspaper m-4 p-2	Bring in the mail m-3 p-1	Bring in the mail m-3 p-1	Bring in the mail m-3 p-1	Bring in the mail m-4 p-2	Bring in the mail m-4 p-3	

Figure 6–3. Juliana's activity schedule.

Connecting Behavioural Activation to Navigate

(using IRT Manual April 2020)

Both Modules 8 and 9 are opportunities to introduce the framework of behavioural activation and to start discussions of potential barriers, and thoughts associated with the barriers.

Module 8 – Building a Bridge to Your Goals

Module 9 – Dealing with Negative Feelings

Connecting Behavioural Activation to Navigate

(using IRT Manual April 2020)

Modules 4, 5 and 12 focus on recovery, health and wellness. With increased risk of metabolic related concerns and reduced functioning in terms of general wellness and socialization, targeted behavioral activation interventions will provide education and skill mastery in areas specific to each client's personal wellness plan.

Module 4 – Healthy Lifestyles

Module 5 – Developing a Wellness Plan

Module 12 – Having Fun and Developing Good Relationships

Behavioural Activation in Action

This short clip demonstrates how behavior activation interventions impacted both mood and motivation, resulting in engagement in a return to previously enjoyed activities.

<https://www.youtube.com/watch?v=CvMnf2MwBcE>

Pilot Study of Behavioural Activation for Individuals with Negative Symptoms

- In this study the behavioural activation was implemented by an OT and RN
- Four step approach was taken:
 1. Track current activities using diary or planner
 2. Identify activities that are pleasurable and offer mastery for optimal reinforcement
 3. Grade activities into hierarchy
 4. Activities introduced in graded manner
- Negative symptom scores were improved post-treatment
- Clients were overall satisfied with treatment

Mairs, H., Lovell, K., Campbell, M., & Keeley, P. (2011). Development and pilot investigation of behavioral activation for negative symptoms. *Behavior Modification*, 35(5), 486-506.

SUMMARY

Behavioural activation interventions can be part of the tool box of strategies used when implementing Navigate.

The focus of behavioral activation is to target mood and motivation by increasing activity levels. This is achieved by using the interventions: planning small achievable goals to engage in activities, following through, evaluating the experience (using cognitive restructuring), making adjustments and re-engaging with the activity.

In the first episode population, behavior activation interventions can be utilized in developing a healthy lifestyle. This can include but is not limited to: nutrition, exercise, socializing, career planning (school or employment) and job searching.

Thank You

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