

## Evidence Base for Behavioral Activation (BA)

### Selected References

1. **Dimidjian S, Barrera M, Martell C, et al. The origins and current status of behavioral activation treatments for depression. *Annu Rev Clin Psychol.* 2011;7:1-38**

This review summarizes the origins of a behavioral model of depression and the behavioral activation (BA) approach to the treatment and prevention of depression.

2. **Dimidjian S, Hollon SD, Dobson KS, et al. Randomized trial of behavioral activation, cognitive therapy, and antidepressant medication in the acute treatment of adults with major depression. *J Consult Clin Psychol.* 2006;74(4):658-670.**

Authors tested the efficacy of behavioral activation by comparing it with cognitive therapy and antidepressant medication in a randomized placebo-controlled design in adults with major depressive disorder. This study found that among more severely depressed patients, behavioral activation was comparable to antidepressant medication, and both significantly outperformed cognitive therapy.

3. **Chartier IS, Provencher MD. Behavioural activation for depression: efficacy, effectiveness and dissemination. *Journal of affective disorders.* 2013;145(3):292-299.**

This systematic review on low-intensity behavioral activation interventions for depression reviewed BA's theoretical foundations and efficacy determining its potential as a low-intensity intervention. Authors concluded that BA could be a viable option as a low-intensity guided self-help treatment for mild to moderate depression.

4. **Cuijpers P, van Straten A, Warmerdam L. Behavioral activation treatments of depression: A meta-analysis. *Clinical Psychology Review.* 2007;27(3):318-326.**

This article conducted a meta-analysis of randomized effect studies of activity scheduling. Authors concluded that activity scheduling is an attractive treatment for depression, not only because it is relatively uncomplicated, time-efficient and does not require complex skills from patient or therapist, but also because this meta-analysis found clear indications that it is effective.

5. **Mazzucchelli T, Kane R, Rees C. Behavioral activation treatments for depression in adults: a meta-analysis and review. *Clinical Psychology: Science and Practice.* 2009;16(4):383-411.**

The authors concluded that BA interventions were effective alternative treatments of depression in adults.

