

3 Practical methodology of behavioural activation and other LI CBT skills

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General factors

- **treating each client with respect and empathy (reflection, summarising, eye contact, nodding, facial expressions)**
- **you are the expert on therapy, the client is the expert on their experience**
- **treatment is decided collaboratively**
- **BA practitioner's role is to validate, motivate and encourage (kind of like a coach)**



Initial assessment

- 1. Introduction**
- 2. Confidentiality**
- 3. Information gathering**
- 4. Risk assessment**



→ **5. Information giving**

1. Introduction

- **introduce yourself and your role**
- **describe agenda (length + purpose of meeting)**
- **make it clear they can ask questions and express their own preference**



[2. Confidentiality]

- record storage?
- anonymised database?
- supervision?
- research?
- conditions for breaking confidentiality?

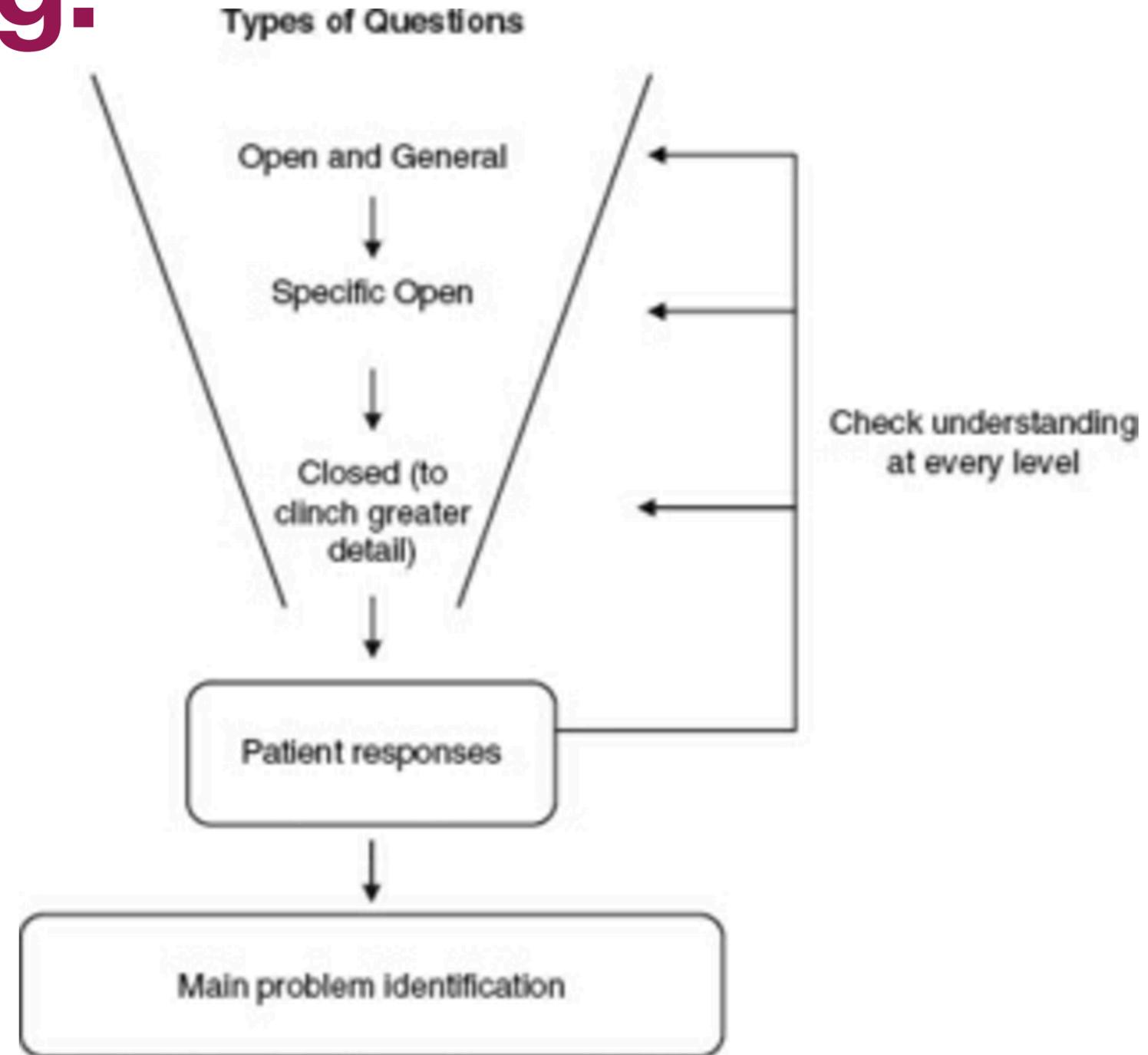


I will only break confidentiality if there are concerns about immediate or serious risk to, or from others, or to yourself. I would talk to you before taking action so we can come up with a plan of how best to do it. But it is important that you know that there are times when I would be legally bound to break confidentiality.

3. Information gathering: The funnelling method

1. Open & general: four Ws

- What is the problem?
- Where does the problem occur?
- With whom is the problem better or worse?
- When does the problem happen?



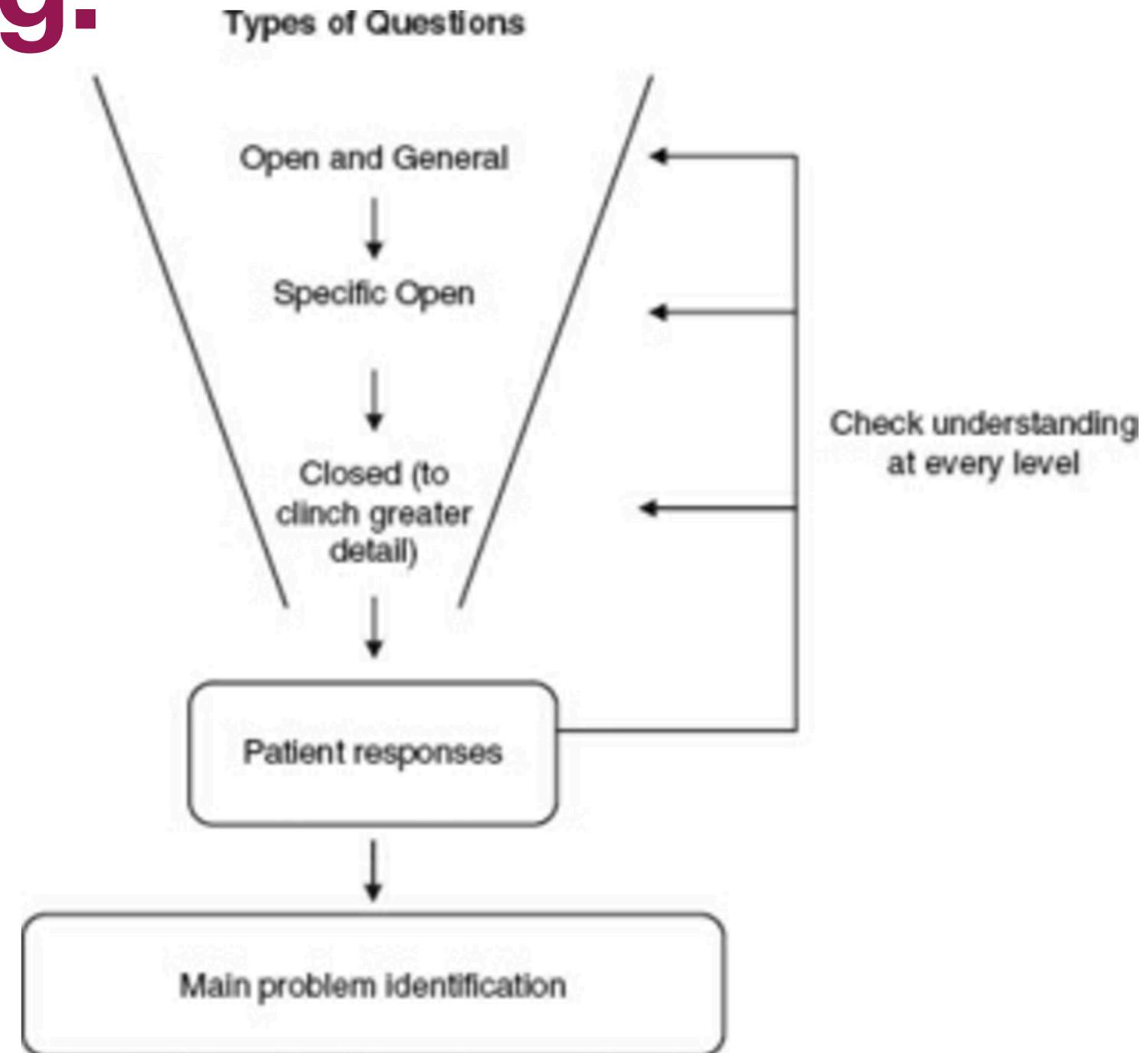
3. Information gathering: The funnelling method

1. Open & general: four Ws

2. Open & specific

Can you tell me a bit more about...

Can you say a bit more about...



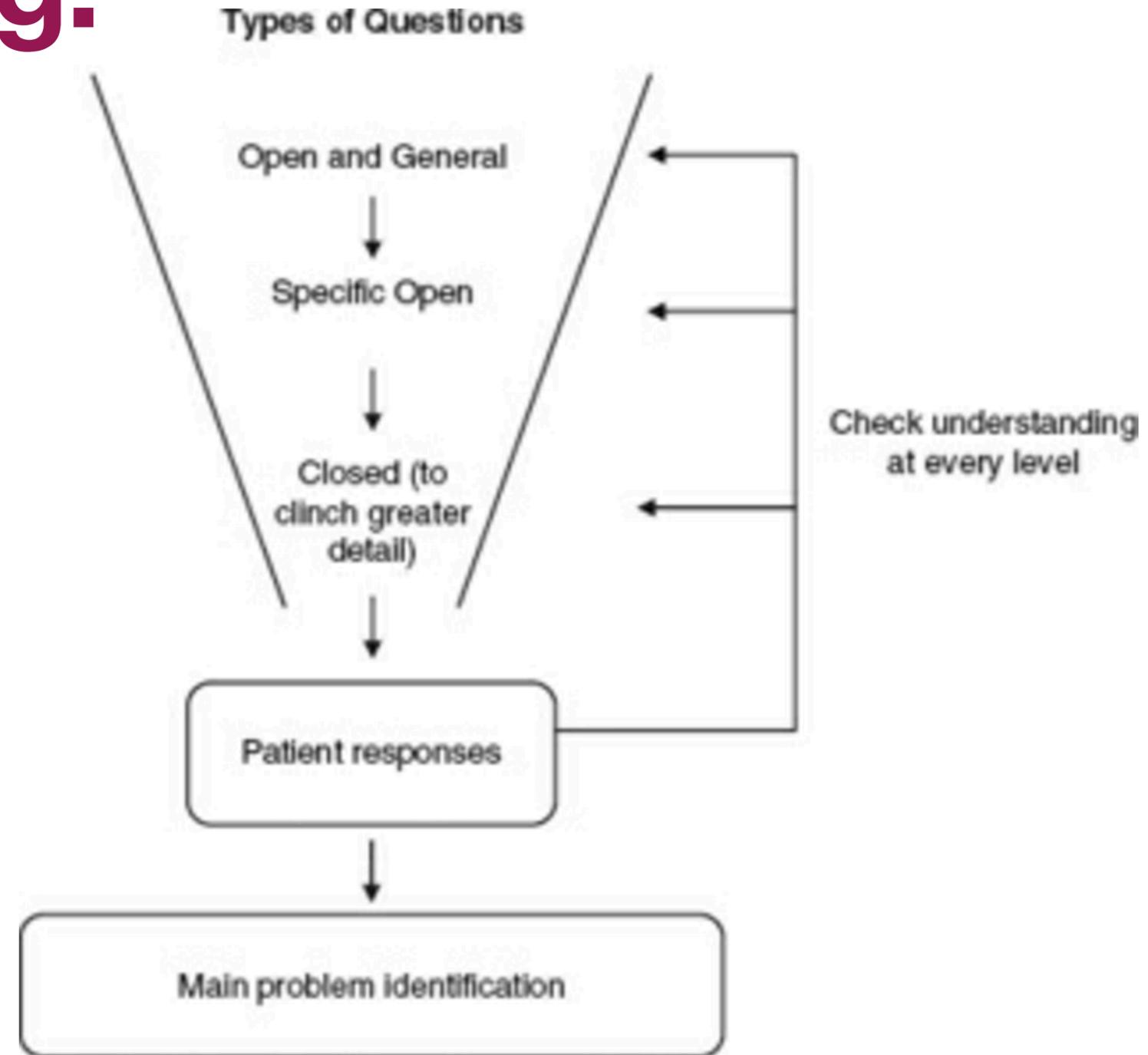
3. Information gathering: The funnelling method

1. Open & general: four Ws

2. Open & specific

3. Closed
(frequency, intensity, duration, triggers)

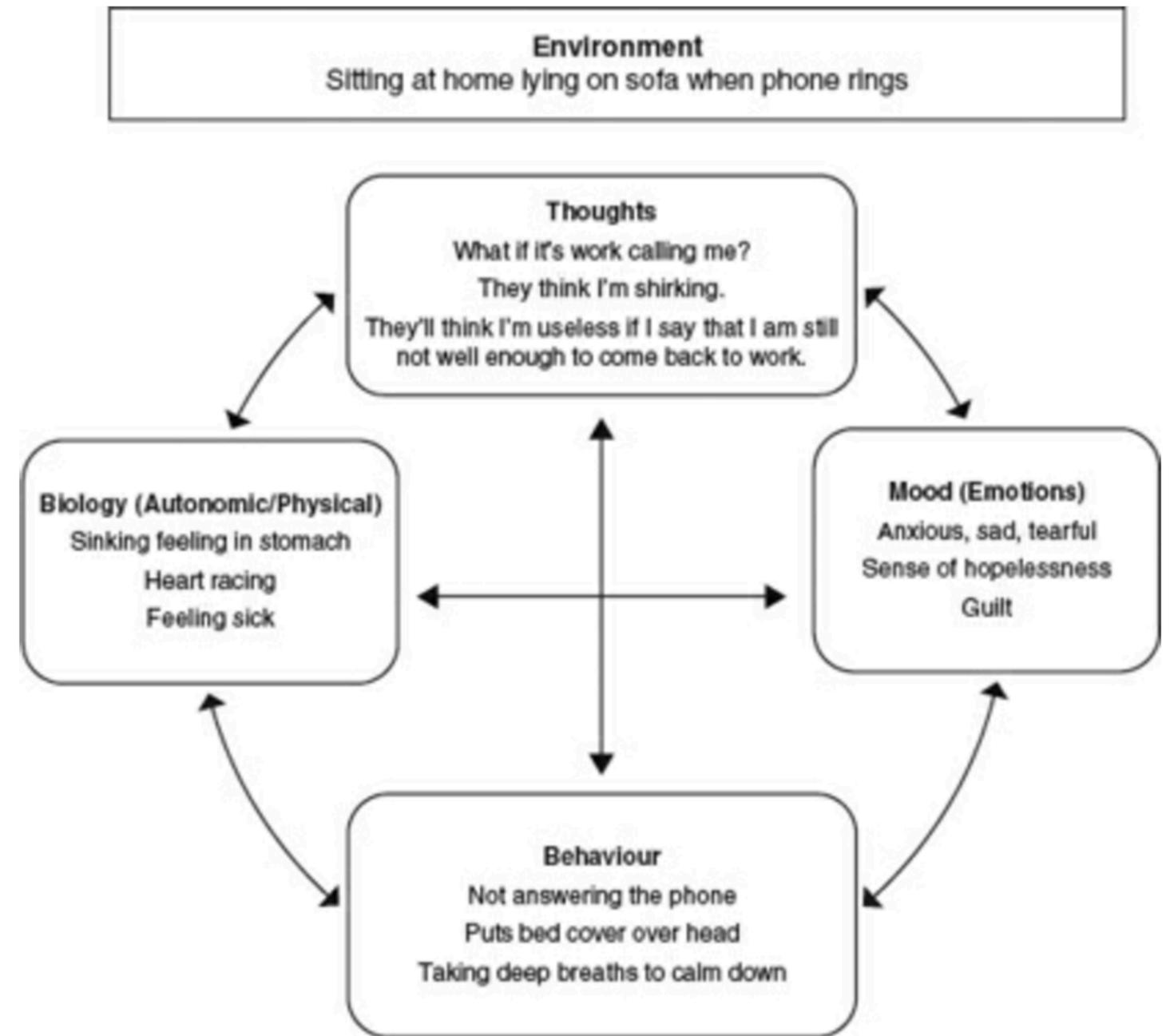
- How often do you feel depressed like this?
- How long does it usually last?
- On the scale from 0-10, how intense is the feeling (of depression/guilt/grief)?
- What factors tend to trigger it?



3. Information gathering: specific example

Describe the last time you felt depressed like this...

- emotional symptoms
- behavioural symptoms
- cognitive symptoms
- physical symptoms



[3. Information gathering: contextual information]

- triggers, onset, progress, impact on daily life
 - other current mental health treatments
 - previous mental health treatments
 - other current physical health treatments
 - employment status
 - alcohol, drug, caffeine consumption
- + Routine Outcome Measures



[Routine outcome measures]

- completed at baseline and every week of intervention
- checking whether our intervention is helping you
- can always explain results
- research support

Problem	Recommended measure	Number of items	Cut-off score	Reference
Depression	PHQ-9	9	10 and above	Kroenke et al. (2001)
General anxiety	GAD-7	7	8 and above	Spitzer et al. (2006)
Phobias	Phobia scales	3	4 and above on any item	Marks and Matthews (1979)
Functioning	Work and Social Adjustment Scale (WASAS)	5	N/A	Mundt et al. (2002)

Problem	Recommended measure	Number of items	Cut-off score	Reference
Agoraphobia	The Agoraphobia-Mobility Inventory (MI)	52	Above an item average of 2.3	Chambless et al. (1985)
Generalised anxiety disorder	Penn State Worry Questionnaire – Short (PSWQ)	16	45 and above	Behar et al. (2003)
Health anxiety	Health Anxiety Inventory – Short Week Version (SHAI)	18	15 and above	Salkovskis et al. (2002)
Obsessive compulsive disorder	Obsessive Compulsive Inventory (OCI)	42	40 and above	Foa et al. (1998)
Panic disorder	Panic Disorder Severity Scale (PDSS)	7	8 and above	Shear et al. (2001)
Post-traumatic stress disorder	Impact of Events Scale (IES) – Revised	22	30 and above	Creamer et al. (2003)
Social anxiety disorder	Social Phobia Inventory	19	19 and above	Connor et al. (2000)

[4. Risk assessment]

- suicidal ideation
- intent
- plans
- action
- prevention

- ideation:

Do you ever have thoughts of taking your own life?

Have you ever felt this way in the past?



[4. Risk assessment]

- intent:

Have you ever thought about how you would take your own life?

How often do you have thoughts of killing yourself?

How easily can you put these thoughts out of your mind?

How strongly do you believe that you would act on these thoughts on the scale 0-10?

[4. Risk assessment]

- plans

Have you made any plans to act on these thoughts?

Have you acted on these thoughts in the past?

- actions

Have you taken any steps towards taking your own life?

What access do you have to things that you could use?

What did you use when you attempted this in the past?

[4. Risk assessment]

- prevention

What's keeping you going at the moment?

Who do you turn to when you need someone to talk to?

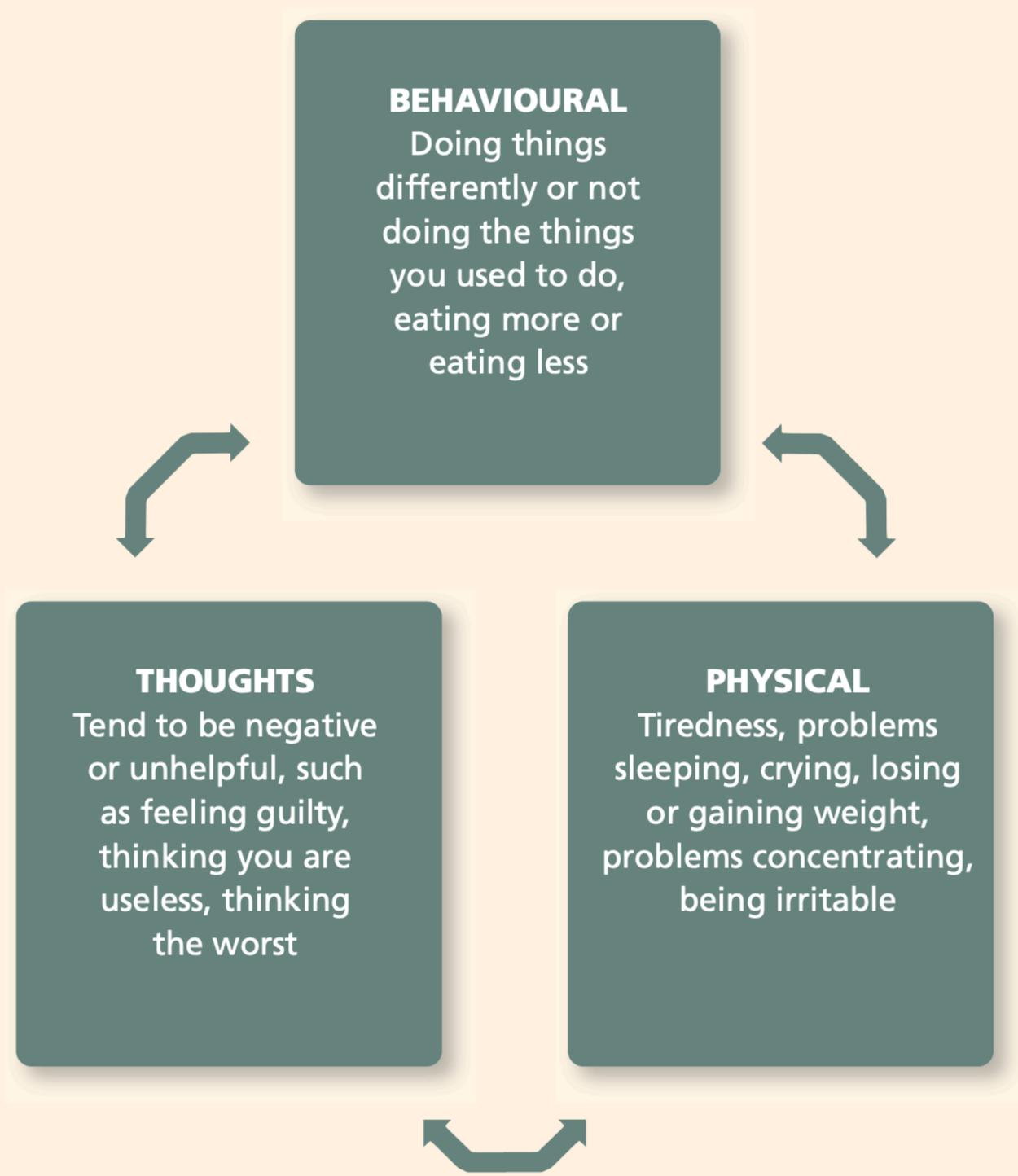
What stopped you from taking your own life in the past?

5. Start of behavioural activation

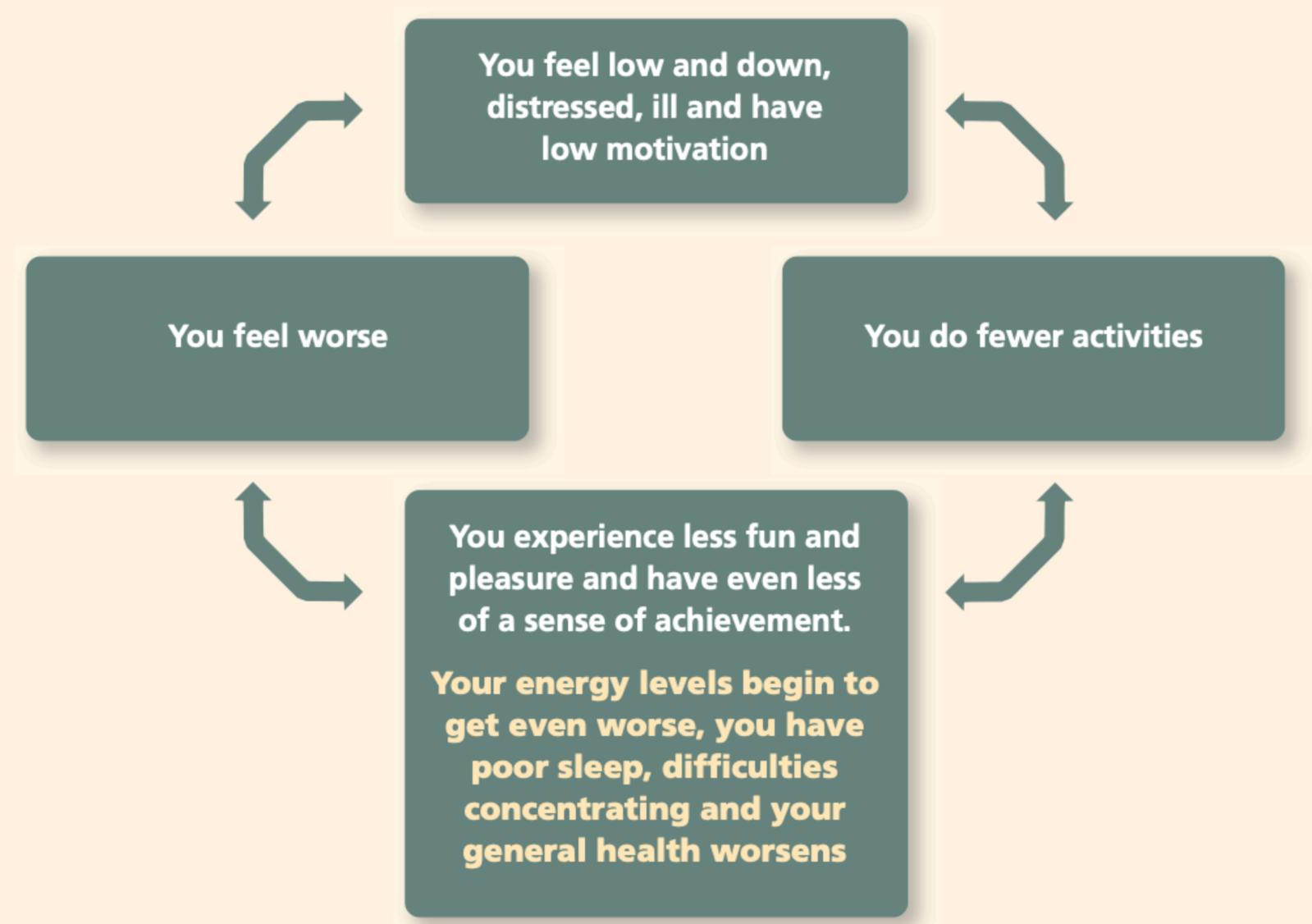
- not like traditional talking therapy, more of a “doing therapy”, where we will focus on how you spend your time
- well supported by research evidence for people with low mood
- try to approach it like an experiment



The impact of low mood or depression



Cycle of low mood and reducing activity

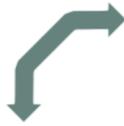




Behavioural

Write in here the things you have stopped doing or now do differently

Lined writing area for Behavioural notes.



Thoughts

Write in here the specific types of unhelpful thoughts that go through your head

Lined writing area for Thoughts notes.

Physical

Write in here the physical changes you have noticed

Lined writing area for Physical notes.



What Do You Want to Get Out of Treatment?



Today's Date

Item 1

Lined writing area for Item 1.

I can do this now (circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Anytime

Today's Date

Item 2

Lined writing area for Item 2.

I can do this now (circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Anytime

Today's Date

Item 3

Lined writing area for Item 3.

I can do this now (circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Anytime

Breaking tasks into smaller steps

- what makes it hard to do?
- time steps (5min, 10min, 1h)
- component steps (read 1 page, tidy 5 items, write 2 sentences of email)
- starter steps (just put on running shoes, just open up laptop)
- can somebody help you/do the task with you?
- can somebody keep you accountable?

