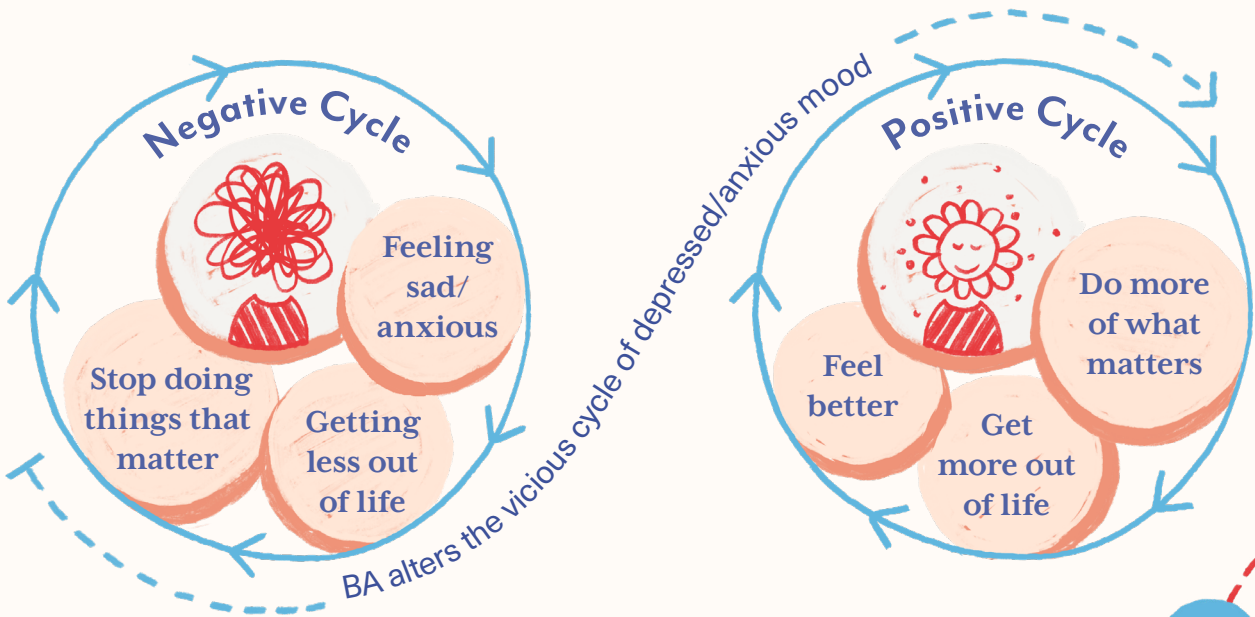


BEHAVIOURAL ACTIVATION(BA) The Active Ingredients Project



PROCESS OF BA



Behavioral activation comprises of the following elements and is customizable based on a person's needs:

Scheduling
Pleasurable/
Meaningful
Activities



Monitoring
Mood and
Actions



Setting
Goals



Overcoming
Barriers and
Additional Skills
Training



Quantitative Review

Randomized controlled trials (RCTs) with BA as the main intervention and in combination with Cognitive Behaviour Therapy (CBT)

Qualitative Review

Studies covering experiences of using BA and strategies for coping with depression and anxiety

Youth Advisors Group

Discussions with youth advisors who had lived experiences of depression and anxiety

REVIEW FINDINGS

In what contexts does BA work?

- 1 For depression in youth — 1/3 studies showed that BA was effective by itself while 16/22 studies showed that BA within CBT was effective
- 2 Flexible in modalities and formats of delivery (individual or group, face to face or digital)
- 3 Works well in both short and long intervention duration

How does BA work?

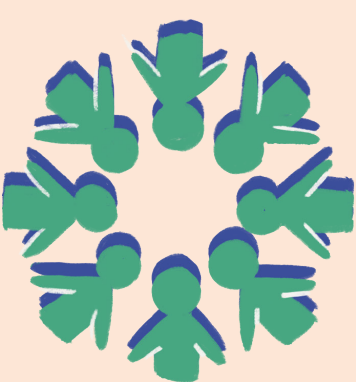
- 1 BA is action-oriented, improves mood, activity levels and daily life functioning.
- 2 Most young people habitually cope with depression and/or anxiety through behaviour change and find it effective

What can future research address?

- 1 Given the high co-occurrence of anxiety and depression in young people - to examine the role of BA across a range of anxiety, depression and other comorbid problems
- 2 Effectiveness of BA in diverse socio-economic and cultural contexts.
- 3 Role of social support and skill building (problem solving, social skills) in sustaining behavioral changes

POLICY RECOMMENDATIONS

BA as a prevention and treatment strategy for adolescents and young adults



Interventions in Educational and Community Settings

- 1 Application of BA across various settings (schools/ universities/ clinics/ communities) to identify efficient, contextually sensitive and cost effective models
- 2 Promotion of activity clubs based on principles of BA for prevention and management of mental health problems
- 3 Easily accessible self-help material for young people (books, videos, app, web-based programs)

Capacity Building

- 1 Scalable training and supervision in BA for specialist and non-specialist providers (manualised and digitised trainings) to reach out to youth across settings
- 2 Enabling youth participation and leadership in the implementation and scaling up of BA based mental health programs

Multi-Sectoral Collaboration

- 1 Budgetary allocation to support mental health initiatives including BA programs in diverse settings
- 2 Inter-sectoral collaboration and the role of government and non-government bodies in the implementation of evidence-based mental health programs