MIRACLE Counseling

## Behavioral Activation for Depression Scale

Please read each statement carefully and then circle the number which best describes how much the statement was true for you DURING THE PAST WEEK, INCLUDING
TODAY.
Patient Name $\square$
Provider Name
DOB $\qquad$ Female


| $\begin{aligned} & \hline 0=\text { Not at all } \\ & 1 \\ & 2=\text { A little } \end{aligned}$ |  |  |  |  |  |  |  | For Scoring Purposes only |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & 5 \\ & 6=\text { Completely } \end{aligned}$ |  |  |  |  |  |  |  | $\begin{aligned} & \mathbf{A} \\ & \mathbf{C} \end{aligned}$ | A | w | S I | T |
| 1. I stayed in bed for too long even though I had things to do. |  |  |  |  |  |  |  |  |  |  |  | - |
| 2. There were certain things I needed to do that I didn't do. |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. I am content with the amount and types of things I did. |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. I engaged in a wide and diverse array of activities. |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. I made good decisions about what type of activities and/or situations I put myself in. |  |  |  |  |  |  |  | - |  |  |  |  |
| 6. I was active, but did not accomplish any of my goals for the day. |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. I was an active person and accomplished the goals I set out to do. |  |  |  |  |  |  |  | - |  |  |  | - |
| 8. Most of what I did was to escape from or avoid something unpleasant. |  |  |  |  |  |  |  |  |  |  |  |  |
| 9. I did things to avoid feeling sadness or other painful emotions. |  |  |  |  |  |  |  |  | - |  |  | - |
| 10. I tried not to think about certain things. |  |  |  |  |  |  |  |  |  |  |  |  |
| 11. I did things even though they were hard because they fit in with my long-term goals for myself. |  |  |  |  |  |  |  | - |  |  |  | - |
| 12. I did something that was hard to do but it was worth it. |  |  |  |  |  |  |  |  |  |  |  |  |
| 13. I spent a long time thinking over and over about my problems. |  |  |  |  |  |  |  |  | - |  |  | - |


| $\begin{aligned} & 0=\text { Not at all } \\ & 1= \\ & 2=\text { little } \end{aligned}$ |  |  |  |  |  |  |  | For Scoring Purposes only |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & 5= \\ & 6=\text { Completely } \end{aligned}$ | 0 | 1 | 2 | 3 | 4 | 5 | 6 | $\begin{array}{\|l} \mathbf{A} \\ \mathbf{C} \end{array}$ | $\begin{aligned} & \mathbf{A} \\ & \mathbf{R} \end{aligned}$ | $\begin{gathered} \mathbf{W} \\ \mathbf{S} \end{gathered}$ | SI | T |
| 14. I kept trying to think of ways to solve a problem but never tried any of the solutions. |  |  |  |  |  |  |  |  | - |  |  | $\underline{R}$ |
| 15. I frequently spent time thinking about my past, people who have hurt me, mistakes I've made, and other bad things in my history. |  |  |  |  |  |  |  |  |  |  |  | $\underline{R}$ |
| 16. I did not see any of my friends. |  |  |  |  |  |  |  |  |  |  | - | $\underline{R}$ |
| 17. I was withdrawn and quiet, even around people I know well. |  |  |  |  |  |  |  |  |  |  | - | $\underline{\mathrm{R}}$ |
| 18. I was not social, even though I had opportunities to be. |  |  |  |  |  |  |  |  |  |  | - | R |
| 19. I pushed people away with my negativity. |  |  |  |  |  |  |  |  |  |  | - | $\underline{\mathrm{R}}$ |
| 20. I did things to cut myself off from other people. |  |  |  |  |  |  |  |  |  |  | - | $\underline{R}$ |
| 21. I took time off of work/school/chores/responsibilities simply because I was too tired or didn't feel like going in. |  |  |  |  |  |  |  |  |  | - |  | $\underline{\mathrm{R}}$ |
| 22. My work/schoolwork/chores/responsibilities suffered because I was not as active as I needed to be. |  |  |  |  |  |  |  |  |  |  |  | $\underline{\mathrm{R}}$ |
| 23. I structured my day's activities. |  |  |  |  |  |  |  | - |  |  |  | - |
| 24. I only engaged in activities that would distract me from feeling bad. |  |  |  |  |  |  |  |  | - |  |  | $\underline{R}$ |
| 25. I began to feel badly when others around me expressed negative feelings or experiences. |  |  |  |  |  |  |  |  | - |  |  | $\underline{R}$ |

Subscale Totals: $\qquad$

Instrument Title: Behavioral Activation for Depression Scale (BADS)(Long and Short Form)
Instrument Author: Kanter, J. W., Mulick, P. S., Busch, A. M., Berlin, K. S., \& Martell, C. R.
Cite instrument as: Kanter, J. W., Mulick, P. S., Busch, A. M., Berlin, K. S., \& Martell, C. R. . (2012) . Behavioral Activation for Depression
Scale (BADS) (Long and Short Form) . Measurement Instrument Database for the Social Science. Retrieved from www.midss.ie

NOTES:


