

0 = Not at all 1 = 2 = little 3 = 4 = A lot 5 = 6 = Completely	0	1	2	3	4	5	6	For Scoring Purposes only					
								A C	A R	W S	SI	T	
14. I kept trying to think of ways to solve a problem but never tried any of the solutions.									-				<u>R</u>
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.													<u>R</u>
16. I did not see any of my friends.												-	<u>R</u>
17. I was withdrawn and quiet, even around people I know well.												-	<u>R</u>
18. I was not social, even though I had opportunities to be.												-	<u>R</u>
19. I pushed people away with my negativity.												-	<u>R</u>
20. I did things to cut myself off from other people.												-	<u>R</u>
21. I took time off of work/school/chores/responsibilities simply because I was too tired or didn't feel like going in.											-		<u>R</u>
22. My work/schoolwork/chores/responsibilities suffered because I was not as active as I needed to be.											-		<u>R</u>
23. I structured my day's activities.									-				-
24. I only engaged in activities that would distract me from feeling bad.											-		<u>R</u>
25. I began to feel badly when others around me expressed negative feelings or experiences.											-		<u>R</u>

Subscale Totals: ___ ___ ___ ___

BAS Total: _____

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.

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NOTES: