MIRACLE Counseling

Behavioral Activation for Depression Scale – Short Form (BADS-SF)

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   DOB   Female

Provider Name   Date   Male   Other

0 = Not at all 1 2 = A little 3 4 = A lot 5 6 = Completely	0	1	2	3	4	5	6	AC	AV	T
1. There were certain things I needed to do that I didn't do.								_		R
2. I am content with the amount and types of things I did.								_		_
3. I engaged in many different activities.								_		_
4. I made good decisions about what type of activities and/or situations I put myself in.								_		_
5. I was an active person and accomplished the goals I set out to do.								_		_
6. Most of what I did was to escape from or avoid something unpleasant.									_	R
7. I spent a long time thinking over and over about my problems.									_	R
8. I engaged in activities that would distract me from feeling bad.									_	R
9. I did things that were enjoyable.								_		_

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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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Scale (BADS) (Long and Short Form) . Measurement Instrument Database for the Social Science. Retrieved from www.midss.ie