

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.

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

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								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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		-				<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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		-				<u>R</u>
16. I did not see any of my friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				-		<u>R</u>
17. I was withdrawn and quiet, even around people I know well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				-		<u>R</u>
18. I was not social, even though I had opportunities to be.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				-		<u>R</u>
19. I pushed people away with my negativity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				-		<u>R</u>
20. I did things to cut myself off from other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				-		<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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			-			<u>R</u>
22. My work/schoolwork/chores/responsibilities suffered because I was not as active as I needed to be.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			-			<u>R</u>
23. I structured my day's activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	-					-
24. I only engaged in activities that would distract me from feeling bad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		-				<u>R</u>
25. I began to feel badly when others around me expressed negative feelings or experiences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		-				<u>R</u>

Subscale Totals: _ _ _ _

BADS Total: _____

Scoring Instructions

The scale is designed to be administered weekly to measure changes over the course of Behavioral Activation for depression.

AC = Activation subscale

AR = Avoidance/Rumination subscale

WS = Work/School Impairment subscale

SI = Social Impairment subscale

T = Total BADS score

- Sum the items for each subscale to generate subscale scores.
- Items with an “R” in the scoring template should be reverse-scored (6 = 0, 5 = 1, etc.).
- For all subscales, high scores are consistent with the subscale title (e.g., high scores on Activation subscale = more activation).
- Please note that earlier versions of this scale may have had response options 1 – 7; the current version is 0 – 6.

The scale can be cited as:

- Kanter, J. W., Mulick, P. Busch, A. M., Berlin, K. S., & Martell, C. R. (2007). The behavioral activation for depression scale (BADS): Psychometric properties and factor structure. *Journal of Psychopathology and Behavioral Assessment*, 29, 191-202.

The BADS has also been administered to a clinically depressed sample, and the factor structure appears to hold up. This article is now available on line and will be in print soon:

- **Kanter, J. W.**, Rusch, L. C., Busch, A. M., & Sedivy, S. K. (in press). Confirmatory factor analysis of the behavioral activation for depression scale (BADS) in a community sample with elevated depressive symptoms. *Journal of Psychopathology and Behavioral Assessment*.

Also please note that we are in the process of working on a “short form” of the BADS – approximately 10 items. This hopefully will be available next year.

Please contact Jonathan Kanter (e-mail jkanter@uwm.edu) if you would like more information about this scale

7/22/08