BADS

Behavioral Activation for Depression Scale (BADS)

The BADS is a self-report tool that measures levels of behavioral activation, as well as avoidance and impulsivity, in people with depression. It helps track progress during interventions based on behavioral activation by assessing different aspects of engagement in activities, motivation, and behavioral habits.

Number of questions	25 questions
Estimated duration	10 minutes
Language	English
Original name	Behavioral Activation for Depression Scale
Target audience	Adults
Authors	Jonathan W. Kanter, Aaron M. Mulick, Daniel C. Busch, Jennifer L. Berlin, Amy N. Martell (2007)
Category	Depression

Preview of the 25 questions

During the past week, including today:

There were certain things I needed to do that I didn't do.

0 - Not at all | 1 | 2 - A little | 3 | 4 - A lot | 5 | 6 - Completely

During the past week, including today:

I am content with the amount and types of things I did.

0 - Not at all | 1 | 2 - A little | 3 | 4 - A lot | 5 | 6 - Completely

During the past week, including today:

I engaged in a wide and diverse array of activities.

0 - Not at all | 1 | 2 - A little | 3 | 4 - A lot | 5 | 6 - Completely

During the past week, including today:

I made good decisions about what type of activities and/or situations I put myself in.

0 - Not at all | 1 | 2 - A little | 3 | 4 - A lot | 5 | 6 - Completely

During the past week, including today:

I was active, but did not accomplish any of my goals for the day.

0 - Not at all | 1 | 2 - A little | 3 | 4 - A lot | 5 | 6 - Completely

Scoring & interpretation

Each item is rated on a Likert scale from 0 to 6. Total and subscale scores (activation, avoidance/rumination, work/school impairment, social impairment) are calculated. A high total score indicates a higher level of behavioral activation. Scores are interpreted according to cutoffs established in the literature to determine the need for additional intervention.