

Behavioral Activation for Depression Scale – Short Form (BADSF)

Patient Information

Name: _____ Age: _____ Gender: _____

Date of Assessment: _____

Instructions

This assessment aims to understand your feelings and behaviors. Please read each statement and select the option that best describes how you have been feeling or acting recently.

Scoring Key

0 = Not at all	2 = Moderately
1 = Somewhat	3 = Very much

	0	1	2	3
1. I have recently done a lot of activities that I usually enjoy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I have been avoiding activities that I used to enjoy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have been setting myself goals to achieve.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have been spending time doing things that help me relax or feel good.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have been putting off doing things I need to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I have been active and busy most of the time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I have been doing things without needing to be reminded.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I have been sitting around doing nothing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>