

# 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"/>