

## **Behavioural activation therapy for depression in adults (YouTube video transcript)**

Behavioural activation is a type of psychological therapy. This Cochrane systematic review asks whether behavioural activation can help to treat depression in adults. The authors searched for studies called randomized clinical trials. They found 53 studies, conducted from 1977 to 2019, with 5495 participants, across 14 different countries.

When all the results were pooled, the authors found behavioural activation may work better for depression than the usual treatments. Such as counselling, providing information on depression treatments, or a GP monitoring someone's symptoms.

Behavioural activation seemed to work as well as some other psychological therapies that are often used to treat depression such as Cognitive Behavioural Therapy (or CBT). These findings indicate that behavioural activation may work to treat depression in the short term, adding to the choice of available treatments.

Our confidence in the results is limited because there were issues with the quality of the evidence. For example, few data being available or estimates of effects not being very precise, meaning the true effects may be different from what we found in these studies.

In practice, the evidence from this review may not apply equally well to everybody. Most of the evidence was from high income countries and most studies were only conducted for up to six months, meaning we don't know much about the effects of behavioural activation in the longer term.

Find out more by reading [the full review on the Cochrane Library](#).