

What is behavioural activation (BA)? - Psychological therapy for depression explainer (YouTube video script)

Behavioural activation is a type of psychological therapy which can be used to treat depression. When people are depressed, they might find things that are important to them difficult to do.

Behavioural activation helps people understand how their behaviours have changed and how this may relate to their mood, and it helps them restart or take up new activities which are meaningful to them.

A therapist may support someone in this process in person, over the phone, or online. Together they assess situations in which changing someone's behaviours might be useful. The therapy also involves scheduling activities and monitoring behaviours. By doing these things, someone can make important and meaningful connections with their world again. Reducing the behaviours, thoughts, and feelings associated with depression.

Find out more by reading the [review of behavioural activation for depression](#).