

## Glossary

**Activation target:** Activities that align with important life values and are to be activated during BA.

**Activity-mood monitoring:** Involves recording activities that the clients do during the day and their mood when they are doing the activity, used to assess clients' activity and mood.

**Anxiety:** An emotion characterized by apprehension and somatic symptoms of tension in which an individual anticipates impending danger, catastrophe, or misfortune.<sup>6</sup>

**Anxiety disorder:** Any of a group of disorders that have as their central organizing theme the emotional state of fear, worry, or excessive apprehension.<sup>6</sup>

**Agenda setting:** Verbalizing to the client a list of discussion points and/or skills that will be covered in the session at the beginning of every session.

**Behavioral Activation (BA):** An extremely useful type of counseling treatment to treat depression, focusing on changing actions/behavioral categories of depression symptoms.

**Clients:** Person receiving treatment or services, especially in the context of counseling or social work, i.e., beneficiaries of treatment.<sup>6</sup>

Client's **consent:** Voluntary approval given by an individual: specifically, permission granted by an individual for medical or psychological treatment, participation in research, or both. Individuals should be fully informed about the treatment or study and its risks and potential benefits.<sup>6</sup>

**Confidentiality:** A professional promise providers make to clients to keep their information private.

**Counseling:** Professional assistance in coping with personal problems, including emotional, behavioral, vocational, marital, educational, rehabilitation, and life-stage (e.g., retirement) problems.<sup>6</sup>

**Depression:** A common mood disorder, characterized by negative affective states ranging from unhappiness and discontent to an extreme feeling of sadness and pessimism that interferes with daily life.

**Gender identity:** The individual's own psychological perception of being male, female, neither, both, or somewhere in between.<sup>7</sup>

---

<sup>6</sup> "APA Dictionary of Psychology," accessed September 25, 2023, <https://dictionary.apa.org/>.

<sup>7</sup> Ami Rokach and Karishma Patel, "Chapter 7-Sexual Orientation," in *Human Sexuality*, ed. Ami Rokach and Karishma Patel (Academic Press, 2021), 7, <https://doi.org/10.1016/B978-0-12-819174-3.00003-6>.

**Homework:** Tasks assigned to a client to be performed between sessions of therapy. Assignments may include reading materials, monitoring their activities and mood, or practicing a skill.<sup>6</sup>

**Mental health:** The collective psychological, social, and emotional well-being across all stages of our development; this concept encompasses both mental wellness and mental illness.

**Mental illness/disorder:** Any condition characterized by cognitive and emotional disturbances, abnormal behaviors, impaired functioning, or any combination of these.<sup>6</sup>

**Mental wellness:** The holistic ability to function well in our daily lives, get along with others, have good social relationships, engage in our work or school, and take care of ourselves and anyone else we're responsible for.<sup>6</sup>

**Pandemic:** widespread or universal: affecting significant proportions of many populations over a large area (e.g., several countries), particularly with reference to a disease or disorder.

**Patient health questionnaire-9 (PHQ-9):** A self-report questionnaire that helps us identify and measure the symptoms of depression in a client over the past two weeks.

**Problem-Solving:** The process by which individuals attempt to overcome difficulties, achieve plans that move them from a starting situation to a desired goal, or reach conclusions through the use of higher mental functions. It is an evidence-based skill that alleviates depression symptoms.

**Providers:** A professional (e.g., physician, psychologist) or facility (e.g., hospital, skilled nursing facility) that provides health care services to patients.<sup>6</sup>

**Referral:** The act of directing a patient to a therapist, physician, agency, or institution for evaluation, consultation, or treatment.<sup>6</sup>

**Screener/Screening tool:** Brief self-report measures that clients can fill out themselves to report their symptoms in a specific timeframe.

**Sexual orientation:** One's enduring sexual attraction to male partners, female partners, or both.<sup>7</sup>

**Social support:** Any person in the client's life who plays an important part in the client's emotional well-being and is ready to participate in the counseling treatment to help the client overcome their problems.

**SMART goal:** Specific, measurable, attractive, realistic, and time-bound. A useful format for setting targets and starting off behavioral activation.

**Sleep hygiene:** Techniques for the behavioral treatment of insomnia that involve instructions given to the client to follow certain routines aimed at improving sleep patterns.

**Stigma:** The negative social attitude attached to a characteristic of an individual that may be regarded as a mental, physical, or social deficiency. A stigma implies social disapproval and can lead unfairly to discrimination against and exclusion of the individual.<sup>6</sup>

**Thinking too much:** Repeating thoughts about these topics over and over again in one's mind, also referred to as rumination.

**Treatment:** The administration of appropriate measures (e.g., drugs, surgery, psychotherapy) that are designed to relieve a pathological condition.<sup>6</sup>

**Values:** The moral, social, or aesthetic principles accepted by an individual or society as a guide to what is good, desirable, or important, including beliefs of what is important and matters to us.