

# Looking beyond depression: A meta-analysis of the effect of behavioral activation on depression, anxiety, and activation – ADDENDUM

## Addendum

**Cite this article:** Stein AT, Carl E, Cuijpers P, Karyotaki E, Smits JAJ (2021). Looking beyond depression: A meta-analysis of the effect of behavioral activation on depression, anxiety, and activation – ADDENDUM. *Psychological Medicine* **51**, 1505–1506. <https://doi.org/10.1017/S0033291720003050>

First published online: 9 September 2020

Aliza T. Stein , Emily Carl, Pim Cuijpers, Eirini Karyotaki and Jasper A. J. Smits

doi: <https://doi.org/10.1017/S0033291720000239>, published online by Cambridge University Press: 06 March 2020.

This article was published in *Psychological Medicine* with references missing. A comprehensive list of the missing references can be seen below:

## References

- Armento MEA, McNulty JK, Hopko DR (2012). Behavioral activation of religious behaviors (BARB): Randomized trial with depressed college students. *Psychology of Religion and Spirituality* **4**, 206–222.
- Bolton P, Bass JK, Zangana GAS, Kamal T, Murray SM, Kaysen D, Lejuez CW, Lindgren K, Pagoto S, Murray LK, Van Wyk SS, Ahmed AMA, Mohammad Amin NM, Rosenblum M (2014). A randomized controlled trial of mental health interventions for survivors of systematic violence in Kurdistan, Northern Iraq. *BMC Psychiatry* **14**, 360.
- Collado A, Calderón M, MacPherson L, Lejuez C (2016). The efficacy of behavioral activation treatment among depressed Spanish-speaking Latinos. *Journal of Consulting and Clinical Psychology* **84**, 651–657.
- Covidence systematic review software, Veritas Health Innovation, Melbourne, Australia. (2019) Retrieved from [www.covidence.org](http://www.covidence.org).
- Cullen JM, Spates CR, Pagoto S, Doran N (2006). Behavioral activation treatment for major depressive disorder: A pilot investigation. *The Behavior Analyst Today* **7**, 151–166.
- Delgado J, Gore S, Ali S, Ekers D, Gilbody S, Gilchrist G, McMillan D, Hughes E (2015). Feasibility randomized controlled trial of cognitive and behavioral interventions for depression symptoms in patients accessing drug and alcohol treatment. *Journal of Substance Abuse Treatment* **55**, 6–14.
- Dimidjian S, Goodman SH, Sherwood NE, Simon GE, Ludman E, Gallop R, Welch SS, Boggs JM, Metcalf CA, Hubley S, Powers JD, Beck A (2017). A pragmatic randomized clinical trial of behavioral activation for depressed pregnant women. *Journal of Consulting and Clinical Psychology* **85**, 26–36.
- Dimidjian S, Hollon SD, Dobson KS, Schmaling KB, Kohlenberg RJ, Addis ME, Gallop R, McGlinchey JB, Markley DK, Gollan JK, Atkins DC, Dunner DL, Jacobson NS (2006). Randomized trial of behavioral activation, cognitive therapy, and antidepressant medication in the acute treatment of adults with major depression. *Journal of Consulting and Clinical Psychology* **74**, 658–670.
- Ekers D, Richards D, McMillan D, Bland JM, Gilbody S (2011). Behavioural activation delivered by the non-specialist: Phase II randomised controlled trial. *British Journal of Psychiatry* **198**, 66–72.
- Gawrysiak M, Nicholas C, Hopko DR (2009). Behavioral activation for moderately depressed university students: Randomized controlled trial. *Journal of Counseling Psychology* **56**, 468–475.
- Hopko DR, Armento MEA, Robertson SMC, Ryba MM, Carvalho JP, Colman LK, Mullane CN, Gawrysiak MJ, Bell JL, McNulty JK, Lejuez CW (2011). Brief behavioral activation and problem-solving therapy for depressed breast cancer patients: Randomized trial. *Journal of Consulting and Clinical Psychology* **79**, 834–849.
- Hopko DR, Lejuez CW, Lepage JP, Hopko SD, McNeil DW (2003). A brief behavioral activation treatment for depression: A randomized pilot trial within an inpatient psychiatric hospital. *Behavior Modification* **27**, 458–469.
- Jacobson NS, Dobson KS, Truax PA, Addis ME, Koerner K, Gollan JK, Gortner E, Prince SE (1996). A component analysis of cognitive-behavioral treatment for depression. *Journal of Consulting and Clinical Psychology* **64**, 295–304.
- Jahoda A, Hastings R, Hatton C, Cooper S-A, Dagnan D, Zhang R, McConnachie A, McMeekin N, Appleton K, Jones R, Scott K, Fulton L, Knight R, Knowles D, Williams C, Briggs A, MacMahon K, Lynn H, Smith I, Thomas G, Melville C (2017). Comparison of behavioural activation with guided self-help for treatment of depression in adults with intellectual disabilities: A randomised controlled trial. *The Lancet Psychiatry* **4**, 909–919.
- Kanter JW, Santiago-Rivera AL, Santos MM, Nagy G, López M, Hurtado GD, West P (2015). A randomized hybrid efficacy and effectiveness trial of behavioral activation for Latinos with depression. *Behavior Therapy* **46**, 177–192.
- McIndoo CC, File AA, Preddy T, Clark CG, Hopko DR (2016). Mindfulness-based therapy and behavioral activation: A randomized controlled trial with depressed college students. *Behaviour Research and Therapy* **77**, 118–128.
- McNamara K, Horan JJ (1986). Experimental construct validity in the evaluation of cognitive and behavioral treatments for depression. *Journal of Counseling Psychology* **33**, 23–30.

- Meeks S, Looney SW, Van Haitisma K, Teri L (2008). BE-ACTIV: A staff-assisted behavioral intervention for depression in nursing homes. *The Gerontologist* 48, 105–114.
- Moradveisi L, Huibers MJH, Renner F, Arasteh M, Arntz A (2013). Behavioural activation v. antidepressant medication for treating depression in Iran: Randomised trial. *British Journal of Psychiatry* 202, 204–211.
- Myhre MØ, Strømgren B, Arnesen EF, Veland MC (2018). The feasibility of brief behavioural activation treatment for depression in a PICU: A systematic replication. *Journal of Psychiatric Intensive Care*, 14(1), 15–23.
- Nasrin F, Rimes K, Reinecke A, Rinck M, Barnhofer T (2017). Effects of brief behavioural activation on approach and avoidance tendencies in acute depression: Preliminary findings. *Behavioural and Cognitive Psychotherapy* 45, 58–72.
- Padfield M (1976). The comparative effects of two counseling approaches on the intensity of depression among rural women of low socioeconomic status. *Journal of Counseling Psychology* 23, 209–214.
- Review Manager (RevMan) [Computer program]. Version 5.3. Copenhagen: The Nordic Cochrane Centre, The Cochrane Collaboration, 2014.
- Snarski M, Scogin F, DiNapoli E, Presnell A, McAlpine J, Marcinak J (2011). The effects of behavioral activation therapy with inpatient geriatric psychiatry patients. *Behavior Therapy* 42, 100–108.
- Taylor FG, Marshall WL (1977). Experimental analysis of a cognitive-behavioral therapy for depression. *Cognitive Therapy and Research* 1, 59–72.
- Thompson LW, Gallagher D, Breckenridge JS (1987). Comparative effectiveness of psychotherapies for depressed elders. *Journal of Consulting and Clinical Psychology* 55, 385.
- Travers C (2017). Increasing enjoyable activities to treat depression in nursing home residents with dementia: A pilot study. *Dementia* 16, 204–218.
- Wilson PH, Goldin JC, Charbonneau-Powis M (1983). Comparative efficacy of behavioral and cognitive treatments of depression. *Cognitive Therapy and Research* 7, 111–124.
- Yokoyama S, Okamoto Y, Takagaki K, Okada G, Takamura M, Mori A, Shiota S, Ichikawa N, Jinnin R, Yamawaki S (2018). Effects of behavioral activation on default mode network connectivity in subthreshold depression: A preliminary resting-state fMRI study. *Journal of Affective Disorders* 227, 156–163.

The authors apologise for this error.

## Reference

- Stein, A.T., Carl, E., Cuijpers, P., Karyotaki, E., & Smits, J.A.J. (2020). Looking beyond depression: A meta-analysis of the effect of behavioral activation on depression, anxiety, and activation. *Psychological Medicine*, 1–14. doi:10.1017/S0033291720000239