

Editor's Comment:

The presented study highlights the behavioral activation therapy in the treatment of depression. Since cognitive behavioral therapy (CBT) is the first-line psychotherapy for depression, but due to its long course, complex procedure and high operational complexity, CBT is difficult to popularize and cannot meet the growing treatment needs, the author concludes that behavioral activation therapy (BAT) is one of the modified forms of BAT, which is mainly used for depression. The author reviewed a large number of publications focusing on the meaning, function, advantage and application of BAT in the treatment of depression, as well as the improvement and development of BAT. The results BAT can effectively correct the negative cognitive abilities of patients with primary and secondary depression, improve their negative emotions, enhance positive behavior and reduce negative behavior, thereby alleviating depression. Compared with CBT, BAT has comparable efficacy, a higher cost-benefit ratio, and is easier to combine with other therapies. It is concluded that BAT is effective, inexpensive, and easy to use, and does not require a high level of therapist expertise. This paper demonstrates scientific rigor and technical accuracy through a comprehensive review. The study methodology is clearly presented, lending credibility to the results. Statistical analyses and evidence-based comparisons of BAT and CBT highlight the robustness of the findings. In addition, the practical ideas proposed are based on well-supported data, highlighting the relevance and applicability of the manuscript to the field of depression treatment. This comprehensive review of research provides a solid basis for discussion, is written clearly and concisely, and is ready for publication.

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