

| Getting Active | | |
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| Who said? | What did they say? | Key Learning Points |
| Counsellor | Anjana, last time you had shown me the Activity Calendar and told me some really interesting things that you noticed while filling it up. I wonder if we could go through that today and I think you really had some good ideas. | Collaboratively setting the agenda |
| Patient | Sure. Actually, whenever my husband drinks we have frequent conflicts, and I feel hopeless about my life. I stay in bed after the conflict and the next day too. I get much more headaches and backaches. In general, I noticed that I used to go out with my friends and meet my neighbours. I've stopped doing those things now. | |
| Counsellor | You're recognising some important ways in which your activities are affecting your mood. I know that it is [a] lot to take on at the same time, but you're making the first steps by noticing the connections between what happens in your life, what you do and how you're feeling. So that's great. | <ul style="list-style-type: none"> • Emphasising mood-activity links • Encouraging progress |
| Patient | Ok. I think I should start seeing my neighbours again, and spending more time with them. What do you think? | |
| Counsellor | That's great. I like the fact that you're so motivated to take on the steps. But only I just don't want you to get involved in lot of things at a same time. So, I think it's better that we plan on something. | Encouraging progress while emphasising the need to set smaller goals |
| Patient | Well, really? I remember you telling me about this treatment, saying that it is about forcing oneself to do a lot of activities so that your mood becomes alright. | |
| Counsellor | Actually, absolutely yes, and no also. Yes, it is important to take on the activities to feel better, but this approach is not about forcing yourself to do the activities. | Reminding the patient of the HAP model |
| Patient | Ok. | |
| Counsellor | Actually we can plan the activities, and we can take smaller steps and then you can build on that. Yeah? | Encouraging the patient to break down activities |
| Patient | Ok. Well then, I think I can drop in to my neighbours' for tea. | |
| Counsellor | So, have you tried this before, anytime in the past? And has this helped you? | |

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| Patient | Yes, before I started with this programme. | |
| Counsellor | Ok. | |
| Patient | To go in the evenings - 4 o'clock. | |
| Counsellor | Is that a convenient time for you, depending on your household responsibilities? | <ul style="list-style-type: none"> • Focusing on being specific • Scheduling the activity |
| Patient | I'm mostly free at around that time. | |
| Counsellor | So how long would you like to go [for]? | |
| Patient | I used to go for one hour, but I don't think that's possible now. | |
| Counsellor | What about 20 minutes to start with initially and then you can increase the time as you go along? | |
| Patient | I think I can do that. | |
| Counsellor | Ok. Will you face any difficulties while completing this action plan? | Asking about possible barriers |
| Patient | My children might need me at that time. | |
| Counsellor | What about telling them before-hand [that] you need to go out and so that they are aware of the same? | Troubleshooting barriers |
| Patient | I think I can do that. | |
| Counsellor | Ok. So let's decide this activity, like visiting your neighbour at 4 o'clock. Do you think you will face any other problem while doing this activity? | Asking about other possible barriers |
| Patient | I don't think so. Yeah, I can do it. | |
| Counsellor | Ok. So we have one more thing to complete. This is called [an] Activity Plan, ok? We are now going to write your activity over here in Activity 1. I'll write 'visiting neighbours' as Activity Number 1. What you need to do is that - there's a tick mark and cross mark to know whether you have done the activity or not. After doing the activity, you need to put the cross mark or tick mark depending on whether you have done the activity or not. And according to [the] activity, you need to put your mood. Yeah? Like how you felt when you did the activity with the help of [the] mood ladder. Do you feel you will have any problem while filling this chart? | <ul style="list-style-type: none"> • Clearly explaining the homework • Asking about potential barriers |
| Patient | No, I don't think so. | |
| Counsellor | Ok. So, what we can do next time is that when we meet next time, we can review this chart together. | |
| Patient | Ok. Sure. | |