

Mental Health Behavioral Snapshot – 8 Items (MH-BSA-8™)

You are working to maintain or improve your mental health. This may include managing symptoms, practicing routines, reducing stress, or avoiding things that set you back. Many people find it challenging to stay consistent. These questions help us understand your experience. There are no right or wrong answers — please answer honestly, based on your experience in the past 7 days.

1. Missed Practices

In the past week, have you missed any activities or practices intended to support your mental health, such as journaling, meditation, therapy, or symptom management?

☐ No ☐ Yes, once ☐ Yes, more than once

2. Self-Directed Deviation

Have you intentionally skipped or modified your mental health routine without a specific reason from a professional or plan?

☐ No ☐ Yes, once ☐ Yes, more than once

3. Outcome-Driven Change

Have you skipped or reduced a mental health activity because you felt worse, anxious, low, or stressed when doing it?

☐ No ☐ Yes, once ☐ Yes, more than once

4. Contextual / Routine Lapse

Have changes in your environment, travel, social situations, or daily routine caused you to miss your mental health practices?

☐ No ☐ Yes, once ☐ Yes, more than once

5. Recent Compliance

The last time you were experiencing stress, anxiety, or low mood, did you follow your intended mental health plan or routine?

☐ No ☐ Yes, once ☐ Yes, more than once

6. Intentional Relaxation

When you felt better or more stable, have you intentionally skipped or reduced mental health activities?

☐ No ☐ Yes, once ☐ Yes, more than once

7. Perceived Difficulty / Burden

Has keeping up with your mental health routine felt difficult, overwhelming, or stressful in the past week?

☐ No ☐ Yes, once ☐ Yes, more than once

8. Consistency / Memory

Has your overall adherence to your mental health plan felt inconsistent or irregular compared with what you intended?

☐ No ☐ Yes, once ☐ Yes, more than once