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**Joy Journal, Late-Life Depression,  
and the COVID-19 Pandemic**

**To the Editor:** We would like to share ideas on the report “Joy Journal: A Behavioral Activation Technique Used in the Treatment of Late-Life Depression Associated With Hopelessness During the COVID-19 Pandemic” published recently in the *Primary Care Companion for CNS Disorders*.<sup>1</sup> Taylor et al<sup>1</sup> state that “Encouraging patients to complete a joy journal may aid in their ability to adapt a solution-oriented mindset and protect against feelings of hopelessness.” We agree that the joy journal is a possible useful technique. Nevertheless, there are many considerations. First, some patients might be unable or have no knowledge of how to write, and this approach might be useless. Second, increasing activity during resting might be good, but it also might induce problems. During the coronavirus disease 2019 pandemic, resting in a calm state should be considered, especially among older patients. Having many activities and much communication might increase the chance of coming into contact with a contaminated object, which could cause further problems. Pens and pencils are common writing utensils that might be contaminated with many viruses and bacteria.<sup>2</sup>

*Ms Taylor was shown this letter and declined to reply.*

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