

GERIATRIC DEPRESSION SCALE (GDS)

NAME:

DATE:

1	Are you basically satisfied with your life?	No Yes
2	Have you dropped many of your activities or interests?	Yes No
3	Do you feel that your life is empty?	Yes No
4	Do you often feel bored?	Yes No
5	Are you in good spirits most of the time?	No Yes
6	Are you afraid that something bad is going to happen to you?	Yes No
7	Do you feel happy most of the time?	No Yes
8	Do you often feel helpless?	Yes No
9	Do you prefer to stay at home, rather than going out and doing new things?	Yes No
10	Do you feel you have more problems with your memory than most?	Yes No
11	Do you think it is wonderful to be alive?	No Yes
12	Do you feel pretty worthless the way you are now	Yes No
13	Do you feel full of energy?	No Yes
14	Do you feel that your situation is hopeless?	Yes No
15	Do you think that most people are better off than you are?	Yes No
> 5 problems (answers in BOLD) indicates probable depression		
TOTAL:		

THE GERIATRIC DEPRESSION SCALE (GDS)

1. The GDS short form (15 questions) has been derived from the 30 question version. It has been designed for the assessment of depressive symptomatology in elderly people and excludes any questions relating to the physical symptoms of depression common in old age.
2. The GDS is a screening device and should not be used as a diagnostic tool. It can be used to monitor the client's emotional state in relation to treatment or change in physical health. The questionnaire can guide further clinical interviews and when used this way has been found very acceptable to clients.
3. **The questions are read out** and the patient is asked how they have felt over the past week using a Yes/No response format. No further explanation or interpretation should be given to the questions.
4. Each answer indicating depression (bold 'yes' or 'no) counts one point. Scores greater than 5 are indicative of probable depression.