Geriatric Depression Scale (GDS)

Instructions: Circle the answer that best describes how you felt over the <u>past week</u>.

1.	Are you basically satisfied with your life?	yes	no
2.	Have you dropped many of your activities and interests?	yes	no
3.	Do you feel that your life is empty?	yes	no
4.	Do you often get bored?	yes	no
5.	Are you in good spirits most of the time?	yes	no
6.	Are you afraid that something bad is going to		
	happen to you?	yes	no
7.	Do you feel happy most of the time?	yes	no
8.	Do you often feel helpless?	yes	no
9.	Do you prefer to stay at home, rather than going out and doing things?	yes	no
10.	Do you feel that you have more problems with		
	memory than most?	yes	no
11.	Do you think it is wonderful to be alive now?	yes	no
12.	Do you feel worthless the way you are now?	yes	no
13.	Do you feel full of energy?	yes	no
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
	Total Score		

Total Score _____

Geriatric Depression Scale (GDS) Scoring Instructions

<i>Instructions:</i> Score one point for each bolded answer. A score of 5 or more suggests depression.						
	1.	Are you basically satisfied with your life?		yes	no	
2	2.	Have you dropped many of your activities an interests?	nd	yes	no	
í	3.	Do you feel that your life is empty?		yes	no	
	4.	Do you often get bored?		yes	no	
:	5.	Are you in good spirits most of the time?		yes	no	
	6.	Are you afraid that something bad is going to happen to you?	0	yes	no	
,	7.	Do you feel happy most of the time?		yes	no	
:	8.	Do you often feel helpless?		yes	no	
9	9.	Do you prefer to stay at home, rather than go and doing things?	oing out	yes	no	
	10.	Do you feel that you have more problems we memory than most?	ith	yes	no	
	11.	Do you think it is wonderful to be alive now	?	yes	no	
13. Do you feel full of energy?		Do you feel worthless the way you are now	?	yes	no	
		Do you feel full of energy?		yes	no	
		Do you feel that your situation is hopeless?		yes	no	
	15.	Do you think that most people are better off you are?	than	yes	no	
	A s	core of \geq 5 suggests depression To	tal Score			

Ref. Yesavage: The use of Rating Depression Series in the Elderly, in Poon (ed.): Clinical Memory Assessment of Older Adults, American Psychological Association, 1986