Geriatric Depression Scale (short form)

Instructions: Circle the answer that best describes how you felt over the **past week**.

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

Geriatric Depression Scale (GDS) Scoring Instructions

Instructions:	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	
		e you dropped many of your activitierests?	es and	yes	no	
	3. Do you feel that your life is empty?4. Do you often get bored?			yes	no	
				yes	no	
	5. Are	. Are you in good spirits most of the time?			no	
		you afraid that something bad is goi ben to you?	ng to	yes	no	
	7. Do you feel happy most of the time?8. Do you often feel helpless?			yes	no	
				yes	no	
	•	you prefer to stay at home, rather that doing things?	n going out	yes	no	
	•	you feel that you have more problem nory than most?	s with	yes	no	
	11. Do y	 Do you think it is wonderful to be alive now? Do you feel worthless the way you are now? Do you feel full of energy? 			no	
	12. Do y				no	
	13. Do y				no	
	4. Do you feel that your situation is hopeless?		yes	no		
	15. Do y you	ou think that most people are better are?	off than	yes	no	
	A score	of \geq 5 suggests depression	Total Score			

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