### GERIATRIC DEPRESSION SCALE (GDS)

**NAME:**

**DATE:**

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

> 5 problems (answers in BOLD) indicates probable depression

**TOTAL:**

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**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.