

GERIATRIC DEPRESSION SCALE (GDS)*

Directions to Patient:	Please choose the best answer for how you have felt over the past week
Directions to the Examiner:	Read the questions to the patient and record their responses. If appropriate, allow the client to complete the form on his/her own.

NAME OF PATIENT

DATE

- (PLEASE ✓)
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 new things? Yes No
 10. Do you feel 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 pretty 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:

*This is the Yesavage et al. short form – 1983/86

A score greater than 5 is suggestive of depression, however, full scoring information for the GDS is available at: <http://www.stanford.edu/~yesavage/GDS.english.long.html>

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

Sheikh JI, Yesavage JA: Geriatric Depression Scale (GDS): Recent evidence and development of a shorter version. *Clinical Gerontology: A Guide to Assessment and Intervention* 165-173, NY: The Haworth Press, 1986.

The following Web site allows you to download the GDS in English or other languages.
<http://www.stanford.edu/~yesavage/GDS.html>