

GERIATRIC DEPRESSION SCALE (GDS)

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 hopeful about the future?	Yes / No
6. Are you bothered by thoughts you can't get out of your head?	Yes / No
7. Are you in good spirits most of the time?	Yes / No
8. Are you afraid that something bad is going to happen to you?	Yes / No
9. Do you feel happy most of the time?	Yes / No
10. Do you often feel helpless?	Yes / No
11. Do you often get restless and fidgety?	Yes / No
12. Do you prefer to stay at home, rather than going out and doing new things?	Yes / No
13. Do you frequently worry about the future?	Yes / No
14. Do you feel you have more problems with memory than most?	Yes / No
15. Do you think it is wonderful to be alive now?	Yes / No
16. Do you often feel downhearted and blue?	Yes / No
17. Do you feel pretty worthless the way you are now?	Yes / No
18. Do you worry a lot about the past?	Yes / No

19. Do you find life very exciting?	Yes / No
20. Is it hard for you to get started on new projects?	Yes / No
21. Do you feel full of energy?	Yes / No
22. Do you feel that your situation is hopeless?	Yes / No
23. Do you think that most people are better off than you are?	Yes / No
24. Do you frequently get upset over little things?	Yes / No
25. Do you frequently feel like crying?	Yes / No
26. Do you have trouble concentrating?	Yes / No
27. Do you enjoy getting up in the morning?	Yes / No
28. Do you prefer to avoid social gatherings?	Yes / No
29. Is it easy for you to make decisions?	Yes / No
30. Is your mind as clear as it used to be?	Yes / No