

# GERIATRIC DEPRESSION SCALE (GDS-SF)

PLEASE RESPOND "YES" OR "NO" TO THE FOLLOWING QUESTIONS

- |     |   |     |    |
|-----|---|-----|----|
| 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 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 |

Scoring:

A score of > 5 suggests depression

Total Score: \_\_\_\_\_

Client's Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

## GERIATRIC DEPRESSION SCALE

### INSTRUCTIONS

#### Administration:

The Geriatric Depression Scale is administered to anyone over the age of 60 years old. For best results read each question to the client and circle their response (yes/no). This will avoid any problems with visual or cognitive impairment the client may have. It is suggested that you not allow elaboration as you go through the questions, but you may go back and utilize an answer on a particular question as a catalyst of discussion or goals and objectives on the treatment plan.

#### Scoring:

A score of  $> 5$  suggests depression

Total Score: \_\_\_\_\_

- |        |         |         |
|--------|---------|---------|
| 1. no  | 6. yes  | 11. no  |
| 2. yes | 7. no   | 12. yes |
| 3. yes | 8. yes  | 13. no  |
| 4. yes | 9. yes  | 14. yes |
| 5. no  | 10. yes | 15. yes |