

Geriatric Depression Scale (GDS) – 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. 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 _____

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**Scoring
Instructions**

Score **one point** for each bolded answer. A score of **5 or more** suggests depression.

- | | | |
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| 1. Are you basically satisfied with your life? | Yes | No |
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| 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 |

A score of ≥ 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*