

# Depression – GDS Answer Sheet

## How Do I Know If I Am Depressed?

### Instructions

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

Depression Questionnaire			
Question	Circle your answer		
1. Are you basically satisfied with your life?	Yes	<input type="checkbox"/>	<b>No</b>
2. Have you dropped many of your activities and interests?	<b>Yes</b>	<input type="checkbox"/>	No
3. Do you feel that your life is empty?	<b>Yes</b>	<input type="checkbox"/>	No
4. Do you often get bored?	<b>Yes</b>	<input type="checkbox"/>	No
5. Are you in good spirits most of the time?	Yes	<input type="checkbox"/>	<b>No</b>
6. Are you afraid that something bad is going to happen to you?	<b>Yes</b>	<input type="checkbox"/>	No
7. Do you feel happy most of the time?	Yes	<input type="checkbox"/>	<b>No</b>
8. Do you often feel helpless?	<b>Yes</b>	<input type="checkbox"/>	No
9. Do you prefer to stay at home, rather than going out and doing things?	<b>Yes</b>	<input type="checkbox"/>	No
10. Do you feel that you have more problems with memory than most?	<b>Yes</b>	<input type="checkbox"/>	No
11. Do you think it is wonderful to be alive now?	Yes	<input type="checkbox"/>	<b>No</b>
12. Do you feel worthless the way you are now?	<b>Yes</b>	<input type="checkbox"/>	No
13. Do you feel full of energy?	Yes	<input type="checkbox"/>	<b>No</b>
14. Do you feel that your situation is hopeless?	<b>Yes</b>	<input type="checkbox"/>	No
15. Do you think that most people are better off than you are?	<b>Yes</b>	<input type="checkbox"/>	No
	<b>Total</b>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Ref. Yesavage: The use of Rating Depression Series in the Elderly, in Poon (ed.): Clinical Memory Assessment of Older Adults, American Psychological Association, 1986.</i>			

(Adapted with permission from the Practicing Physician Education Project 2006)