

## GERIATRIC DEPRESSION SCALE (GDS, SHORT FORM)

Choose the best answer for 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. 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

Score 1 point for each bolded answer. Cut-off: normal (0–5), above 5 suggests depression.

Source: Courtesy of Jerome A. Yesavage, MD. For 30 translations of the GDS, see <http://www.stanford.edu/~yesavage/GDS.html>

For additional information on administration and scoring refer to the following references:

1. Sheikh JI, Yesavage JA. Geriatric Depression Scale: recent evidence and development of a shorter version. *Clin Gerontol.* 1986;5:165–172.
2. Feher EP, Larrabee GJ, Crook TH 3rd. Factors attenuating the validity of the Geriatric Depression Scale in a dementia population. *J Am Geriatr Soc.* 1992;40:906–909.
3. Yesavage JA, Brink TL, Rose TL, et al. Development and validation of a geriatric depression rating scale: a preliminary report. *J Psychiatr Res.* 1983;17:27.