Geriatric Depression Scale (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. 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
Geriatric Depression Scale (GDS) Scoring Instructions

*Instructions:* Score 1 point for each bolded answer. A score of 5 or more suggests depression.

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 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**