



Geriatric Depression Scale

Instructions: Choose the best answer for how you have felt over the past week

1. Are you basically satisfied with your life? **YES** **NO**
2. Have you dropped many of your activities and interest? **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 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 meaning:

Answers in **BOLD** indicate depression. Score 1 point for each bold answer.

A score > 5 points is suggestive depression.

A score > 10 points is almost always indicative of depression.

A score <5 points should warrant a follow-up comprehensive assessment.