

GERIATRIC DEPRESSION SCALE (SHORT VERSION)

Name: _____

Date of Assessment: _____ Completed By: _____

Jerome A Yesavage Geriatric Depression Scale Psychopharmacology Bulletin (1988) 24:4;709-711

Instructions:

- Each answer counts one point.
- Total score greater than five indicates probably depression.

Issues:

The GDS is a screening tool and not a diagnosis. Where a score of more than five is indicated, a more thorough clinical investigation should be undertaken.

Feher et al.³⁷ have concluded that the GDS is a generally valid measure of the mild-to moderate depressive symptoms in Alzheimer patients with mild-to moderate dementia.

The right hand column shows test answers which are positive for depression

| No: | Questions: | Answer: | Test Answers: |
|--------------------|--|----------|---------------|
| 1. | Are you basically satisfied with your life? | Yes / No | No |
| 2. | Have you dropped many of your activities or interests? | Yes / No | Yes |
| 3. | Do you feel that your life is empty? | Yes / No | Yes |
| 4. | Do you often get bored? | Yes / No | Yes |
| 5. | Are you in good spirits most of the time? | Yes / No | No |
| 6. | Are you afraid that something bad is going to happen to you? | Yes / No | Yes |
| 7. | Do you feel happy most of the time? | Yes / No | No |
| 8. | Do you feel helpless? | Yes / No | Yes |
| 9. | Do you prefer to stay at home, rather than go out and do things? | Yes / No | Yes |
| 10. | Do you feel that you have more problems with memory than most? | Yes / No | Yes |
| 11. | Do you think it is wonderful to be alive now? | Yes / No | No |
| 12. | Do you feel pretty worthless the way you are now? | Yes / No | Yes |
| 13. | Do you feel full of energy? | Yes / No | No |
| 14. | Do you feel that your situation is hopeless? | Yes / No | Yes |
| 15. | Do you think that most people are better off then you are? | Yes / No | Yes |
| Total Score | | | |

When a score of more than five is indicated, a more thorough clinical investigation should be undertaken.