

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 than you are?	Yes / No	Yes
	Total Score		

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