

GERIATRIC DEPRESSION SCALE (SHORT VERSION)

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Geriatric Depression Scale

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

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

³⁷ Feher, Ep., Larrabee, GJ, and Crook, TH, Factors attenuating the validity of the Geriatric Depression Scale in a dementia population. Journal of America Geriatrics Society 1992; 40:906-909.