

Geriatric Depression Scale (GDS)

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Ask the following questions

- | | | | |
|---|--------------------------|--|--------------------------|
| Q1. Do you feel pretty worthless the way you are now? | <input type="checkbox"/> | Q9. Do you feel happy most of the time? | <input type="checkbox"/> |
| Q2. Do you often get bored? | <input type="checkbox"/> | Q10. Do you feel full of energy? | <input type="checkbox"/> |
| Q3. Do you often feel helpless? | <input type="checkbox"/> | Q11. Do you think it is wonderful to be alive now? | <input type="checkbox"/> |
| Q4. Are you basically satisfied with your life? | <input type="checkbox"/> | Q12. Do you feel that your situation is hopeless? | <input type="checkbox"/> |
| Q5. Do you prefer to stay at home rather than going out and doing new things? | <input type="checkbox"/> | Q13. Have you dropped many of your activities and interests? | <input type="checkbox"/> |
| Q6. Are you in good spirits most of the time? | <input type="checkbox"/> | Q14. Do you think that most people are better off than you are? | <input type="checkbox"/> |
| Q7. Are you afraid that something bad is going to happen to you? | <input type="checkbox"/> | Q15. Do you feel that you have more problems with your memory than most? | <input type="checkbox"/> |
| Q8. Do you feel that your life is empty? | <input type="checkbox"/> | | |

Geriatric Depression Scale Scorecard

4 or less: Indicates absence of significant depression

5-7: Indicates borderline depression

7 or more: Indicates probable depression

Is depression present?

- No:** Low GDS and no clinical signs
- Possible:** High GDS, no clinical signs
Low GDS, with clinical signs
Intermediate GDS score with or without clinical signs
Other subjective or objective indicators of depression
- Probable:** High GDS with clinical signs
- Definite Yes:** Previous history of depression with current clinical signs present
Recent medical diagnosis of depression
- Clinical Signs:** Adapted from DSM III Diagnostic Criteria For Major Depressive Disorder

Onset – Date

Course: Progression of illness **Plan:** Any treatment already initiated

Predisposing factors may include:

- | | |
|---|--|
| 1. Biological: Family history, prior episode | 2. Physical: Chronic or other medical conditions – especially those that result in pain or loss of function e.g., arthritis, CVA, CHF, etc.
Exposure to drugs e.g., hypnotics, analgesics and antihypertensives
Sensory deprivation |
| 3. Psychological: Unresolved conflicts e.g., anger or guilt.
Memory loss or dementia
Personality disorders | 4. Social: Losses of family and friends (bereavement)
Isolation
Loss of job/income |

Additional Comments: Overall impression or other related comments