Geriatric Depression Scale (GDS)

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Ask the following questions

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

Geriatric Depression Scale Scorecard

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 or less</td>
<td>Indicates absence of significant depression</td>
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<tr>
<td>5-7</td>
<td>Indicates borderline depression</td>
</tr>
<tr>
<td>7 or more</td>
<td>Indicates probable depression</td>
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</tbody>
</table>

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