

### GERIATRIC DEPRESSION SCALE: SHORT FORM

Choose the best answer for how you have felt over the past week:	0 Point	1 Point
1. Are you basically satisfied with your life?	Yes	No
2. Have you dropped many of your activities and interests?	No	Yes
3. Do you feel that your life is empty?	No	Yes
4. Do you often get bored?	No	Yes
5. Are you in good spirits most of the time?	Yes	No
6. Are you afraid that something bad is going to happen to you?	No	Yes
7. Do you feel happy most of the time?	Yes	No
8. Do you often feel helpless?	No	Yes
9. Do you prefer to stay at home, rather than going out and doing new things?	No	Yes
10. Do you feel you have more problems with memory than most?	No	Yes
11. Do you think it is wonderful to be alive now?	Yes	No
12. Do you feel pretty worthless the way you are now?	No	Yes
13. Do you feel full of energy?	Yes	No
14. Do you feel that your situation is hopeless?	No	Yes
15. Do you think that most people are better off than you are?	No	Yes
<b>TOTAL</b>		

**A score > 5 points is suggestive of depression & needs further evaluation.**

**A score ≥ 10 points is almost always indicative of depression.**

Source: <http://www.stanford.edu/~yesavage/GDS.html>