

Geriatric Depression Scale (GDS) –15 Questions Version

1. Are you basically satisfied with your life? (Yes / No)
2. Have you dropped many of your activities and interests? (Yes / No)
3. Do you feel that your life is empty? (Yes / No)
4. Do you often get bored? (Yes / No)
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? (Yes / No)
7. Do you feel happy most of the time? (Yes / No)
8. Do you often feel helpless? (Yes / No)
9. Do you prefer to stay at home, rather than going out and doing new things? (Yes / No)
10. Do you feel you have more problems with memory than most? (Yes / No)
11. Do you think it is wonderful to be alive now? (Yes / No)
12. Do you feel pretty worthless the way you are now? (Yes / No)
13. Do you feel full of energy? (Yes / No)
14. Do you feel that your situation is hopeless? (Yes / No)
15. Do you think that most people are better off than you are? (Yes / No)

Answer choices points:

For items 1, 5, 7, 11 & 13

Yes = 0 points No = 1 point

For items 2, 3, 4, 6, 8, 9, 10, 12, 14 & 15

Yes = 1 point No = 0 points

Interpretation

GDS <5

This score is not indicative of a depressive status, however the patient should be monitored further for any more signs displayed and also for their evolution.

GDS ≥5 and <10

This score is indicative of a depressive status in a mild to moderate severity. The patient needs to be referred to further specialist consultation.

GDS ≥10

This score is indicative for the presence of a severe depressive status. The patient needs to be referred to further specialist consultation.