

Geriatric Depression Scale (GDS) – 4 Questions Version

1. Are you basically satisfied with your life? (Yes / No)
2. Do you feel that your life is empty? (Yes / No)
3. Are you afraid that something bad is going to happen to you? (Yes / No)
4. Do you feel happy most of the time? (Yes / No)

Answer choices points:

Yes = 1 point

No = 0 points

Interpretation

■ GDS = 0

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 = 1

This score is not consistent with a depressive status, however, there should be some concerns raised in regard to the mental health of the patient and further assessment is required.

■ GDS \geq 2

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