

GDS-5/15 Geriatric Depression Scale

Each of these are a yes no question – the depressed answers are noted in parentheses below.

- A. Are you basically satisfied with your life? (No)
- B. Do you often get bored? (Yes)
- C. Do you often feel helpless? (Yes)
- D. Do you prefer to stay at home, rather than going out and doing new things? (Yes)
- E. Do you feel pretty worthless the way you are now? (Yes)

SCORE FROM FIRST 5 QUESTIONS: ____

If 2 or more, please give remaining 10 questions.

- F. Have you dropped many of your activities and interests? (Yes)
- G. Do you feel your life is empty? (Yes)
- H. Are you in good spirits most of the time? (No)
- I. Are you afraid something bad is going to happen to you? (Yes)
- J. Do you feel happy most of the time? (Yes)
- K. Do you feel you have more problems with memory than most? (Yes)
- L. Do you think it is wonderful to be alive now? (No)
- M. Do you feel full of energy? (No)
- N. Do you feel that your situation is hopeless? (Yes)
- O. Do you think most people are better off than you? (Yes)

SCORE FROM ALL 15 QUESTIONS: ____

A total of 5 or more on the entire test suggests depression.

Source: <http://www.stanford.edu/~yesavage/GDS.html> This scale is in the public domain.

This scale is also available in multiple languages at the link above.