

Geriatric Depression Scale:

Adapted from the Geriatric Depression Scale Long Form English for Screening and Research

Name: _____ Age: _____ Sex: Male Female Date: _____

Instructions: Please answer each question as best you can. (Use "✓" to indicate your answer)

				<i>Clinician Use</i>
		Yes	No	Item Score
1.	Are you basically satisfied with your life?			
2.	Have you dropped many of your activities and interests?			
3.	Do you feel that your life is empty?			
4.	Do you often get bored?			
5.	Are you hopeful about the future?			
6.	Are you bothered by thoughts you can't get out of your head?			
7.	Are you in good spirits most of the time?			
8.	Are you afraid that something bad is going to happen to you?			
9.	Do you feel happy most of the time?			
10.	Do you often feel helpless?			
11.	Do you often get restless and fidgety?			
12.	Do you prefer to stay at home, rather than going out and doing new things?			
13.	Do you frequently worry about the future?			
14.	Do you feel you have more problems with memory than most?			
15.	Do you think it is wonderful to be alive now?			
16.	Do you often feel downhearted and blue?			
17.	Do you feel pretty worthless the way you are now?			
18.	Do you worry a lot about the past?			
19.	Do you find life very exciting?			
20.	Is it hard for you to get started on new projects?			
21.	Do you feel full of energy?			
22.	Do you feel that your situation is hopeless?			
23.	Do you think that most people are better off than you are?			
24.	Do you frequently get upset over little things?			
25.	Do you frequently feel like crying?			
26.	Do you have trouble concentrating?			
27.	Do you enjoy getting up in the morning?			
28.	Do you prefer to avoid social gatherings?			
29.	Is it easy for you to make decisions?			
30.	Is your mind as clear as it used to be?			
Total Score:				

(Reprinted from the Geriatric Depression Scale Long Form English found at <http://web.stanford.edu/~yesavage/GDS.english.long.html> and from Brink TL, Yesavage JA, Lum O, Heersema P, Adey MB, Rose TL: Screening tests for geriatric depression. *Clinical Gerontologist* 1: 37-44, 1982.)

Purpose:

This is a self-rated 30-item measure that quickly screens for depressive symptomatology in older adults. The measure is completed by the client prior to the first visit with a psychologist.

Scoring and Interpretation:

One point for each of these answers:

- | | | |
|---------|---------|---------|
| 1. No | 11. Yes | 21. No |
| 2. Yes | 12. Yes | 22. Yes |
| 3. Yes | 13. Yes | 23. Yes |
| 4. Yes | 14. Yes | 24. Yes |
| 5. No | 15. No | 25. Yes |
| 6. Yes | 16. Yes | 26. Yes |
| 7. No | 17. Yes | 27. No |
| 8. Yes | 18. Yes | 28. Yes |
| 9. No | 19. No | 29. No |
| 10. Yes | 20. Yes | 30. No |

Scoring Table for the Geriatric Depression Scale

Depression	Score
Within Normal Limits	0-9
Mild Depression	10-19
Severe Depression	20-30