### GERIATRIC DEPRESSION SCALE (GDS, SHORT FORM)

Choose the best answer for how you felt over the past week.

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

Score 1 point for each bolded answer. Cut-off: normal (0–5), above 5 suggests depression.

Source: Courtesy of Jerome A. Yesavage, MD. For 30 translations of the GDS, see http://www.stanford.edu/~yesavage/GDS.html

For additional information on administration and scoring refer to the following references: