

# **GDS-15**

## ***Geriatric Depression Scale***

### ***15 questions***

**Purpose** : This is ideal for evaluating the clinical severity of depression, and therefore for monitoring treatment.

**Admin time** : 20 min

**User Friendly** : High

**Administered by** : Health care provider or self administered

**Content** : 15 questions pertaining to depression

**Author** : Sheikh JI, 1986

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<https://www.cgakit.com/p-4-gds>

Name

Date

## Geriatric Depression Scale (GDS-15)

Instructions: Circle 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

Ref.: Sheikh, J.I., and Yesavage, J.A. Geriatric Depression Scale (GDS): Recent evidence and development of a shorter version. *Clinical Gerontologist* 5(1-2): 165-173, 1986.

# Scoring

## Geriatric Depression Scale ( GDS-15)

1. Are you basically satisfied with your life?	Yes(0)	No(1)	
2. Have you dropped many of your activities and interests?	Yes(1)	No(0)	
3. Do you feel that your life is empty?	Yes(1)	No(0)	
4. Do you often get bored?	Yes(1)	No(0)	
5. Are you in good spirits most of the time?	Yes(0)	No(1)	
6. Are you afraid that something bad is going to happen to you?	Yes(1)	No(0)	
7. Do you feel happy most of the time?	Yes(0)	No(1)	
8. Do you often feel helpless?	Yes(1)	No(0)	
9. Do you prefer to stay at home rather than going out and doing new things?	Yes(1)	No(0)	
10. Do you feel you have more problems with memory than most?	Yes(1)	No(0)	
11. Do you think it is wonderful to be alive now?	Yes(0)	No(1)	
12. Do you feel pretty worthless the way you are now?	Yes(1)	No(0)	
13. Do you feel full of energy?	Yes(0)	No(1)	
14. Do you feel that your situation is hopeless?	Yes(1)	No(0)	
15. Do you think that most people are better off than you are?	Yes(1)	No(0)	
Total			

Score 1 point for every “yes” in questions 2, 3, 4, 6, 8, 9, 10, 12, 14, 15

Score 1 point for every “no” in questions 1, 5, 7, 11, 13

A total score greater than 5 suggests depression.