

DO YOU HAVE DEPRESSION?



Here is the short form of the Geriatric Depression Scale. It has been proven to be a quick statistically reliable test for depression.

Choose the best answer for how you have felt over the past week:		Yes	No
1.	Are you basically satisfied with your life?	<input type="checkbox"/>	<input type="checkbox"/>
2.	Have you dropped many of your activities and interests?	<input type="checkbox"/>	<input type="checkbox"/>
3.	Do you feel that your life is empty?	<input type="checkbox"/>	<input type="checkbox"/>
4.	Do you often get bored?	<input type="checkbox"/>	<input type="checkbox"/>
5.	Are you in good spirits most of the time?	<input type="checkbox"/>	<input type="checkbox"/>
6.	Are you afraid that something bad is going to happen to you?	<input type="checkbox"/>	<input type="checkbox"/>
7.	Do you feel happy most of the time?	<input type="checkbox"/>	<input type="checkbox"/>
8.	Do you often feel helpless?	<input type="checkbox"/>	<input type="checkbox"/>
9.	Do you prefer to stay at home, rather than going out and doing new things?	<input type="checkbox"/>	<input type="checkbox"/>
10.	Do you feel you have more problems with memory than most?	<input type="checkbox"/>	<input type="checkbox"/>
11.	Do you think it is wonderful to be alive now?	<input type="checkbox"/>	<input type="checkbox"/>
12.	Do you feel pretty worthless the way you are now?	<input type="checkbox"/>	<input type="checkbox"/>
13.	Do you feel full of energy?	<input type="checkbox"/>	<input type="checkbox"/>
14.	Do you feel that your situation is hopeless?	<input type="checkbox"/>	<input type="checkbox"/>
15.	Do you think that most people are better off than you are?	<input type="checkbox"/>	<input type="checkbox"/>

For scoring, refer to the back of this page.

Scoring: Give yourself the corresponding point to your answers:

1. Yes = 0 No = 1
 2. Yes = 1 No = 0
 3. Yes = 1 No = 0
 4. Yes = 1 No = 0
 5. Yes = 0 No = 1
 6. Yes = 1 No = 0
 7. Yes = 0 No = 1
 8. Yes = 1 No = 0
 9. Yes = 1 No = 0
 11. Yes = 1 No = 0
 12. Yes = 0 No = 1
 13. Yes = 1 No = 0
 14. Yes = 0 No = 1
 15. Yes = 1 No = 0
 16. Yes = 1 No = 0
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Total Points: _____

Answers given a point indicate depression. Although differing sensitivities and specificities have been obtained across studies, for clinical purposes a score > 5 points is suggestive of depression and should warrant a follow-up interview. Scores > 10 are almost always depression.

Internet Resource: The Geriatric Depression Scale was found on the following Internet site:

<http://www.stanford.edu/~yesavage/GDS.english.short.html>

Scoring may be found on

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