

Geriatric Depression Scale

Overview:

The Geriatric Depression Scale can be used to evaluate the elderly individual for depressive symptoms. It is a self-rating instrument that is easy to answer and geared towards the geriatric patient.

	Choose the best answer for how you felt over the past week.	Points for Response	
		Yes	No
1	Are you basically satisfied with your life?	0	1
2	Have you dropped many of your activities and interests?	1	0
3	Do you feel that your life is empty?	1	0
4	Do you often get bored?	1	0
5	Are you hopeful about the future?	0	1
6	Are you bothered by thoughts you can't get out of your head?	1	0
7	Are you in good spirits most of the time?	0	1
8	Are you afraid that something bad is going to happen to you?	1	0
9	Do you feel happy most of the time?	0	1
10	Do you often feel helpless?	1	0
11	Do you often get restless and fidgety?	1	0
12	Do you prefer to stay at home, rather than going out and doing new things?	1	0
13	Do you frequently worry about the future?	1	0
14	Do you feel you have more problems with memory than most?	1	0
15	Do you think it is wonderful to be alive now?	0	1
16	Do you often feel downhearted and blue?	1	0
17	Do you feel pretty worthless the way you are now?	1	0
18	Do you worry a lot about the past?	1	0
19	Do you find life very exciting?	0	1
20	Is it hard for you to get started on new projects?	1	0
21	Do you feel full of energy?	0	1
22	Do you feel that your situation is hopeless?	1	0
23	Do you think that most people are better off than you are?	1	0
24	Do you frequently get upset over little things?	1	0
25	Do you frequently feel like crying?	1	0
26	Do you have trouble concentrating?	1	0
27	Do you enjoy getting up in the morning?	0	1
28	Do you prefer to avoid social gatherings?	1	0
29	Is it easy for you to make decisions?	0	1
30	Is your mind as clear as it used to be?	0	1

Where: Points are assigned for depressive responses.

"No" answers considered depressive responses: questions 1, 5, 7, 9, 15, 19, 21, 27, 29, 30

"Yes" answers considered depressive responses: questions 2, 3, 4, 6, 8, 10, 11, 12, 13, 14, 16, 17, 18, 20, 22,

23, 24, 25, 26, 28

Score = SUM (points for all 30 questions)

Interpretation: minimum score: 0; maximum score: 30

The results should be interpreted with discretion.

Score	Interpretation
0 to 10	not increased and are "normal" for the elderly
11 to 13	borderline
14 to 30	increased and associated with depression

References:

Brink TL, Yesavage JA, et al. Screening tests for geriatric depression. Clin Gerontologist. 1982; 1: 37-43.

Lachs MS, Feinstein AR, et al. A simple procedure for general screening of functional disability in elderly patients. Ann Intern Med. 1990; 112: 699-706.

McDowell I, Newell C. Measuring Health - A Guide to Rating Scales and Questionnaires, Second Edition. Oxford University Press. 1996. pages 259-263

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