

## The GDS-5/15 Geriatric Depression Scale

**A score above 9 usually indicates depression.**

Circle each answer. Each answer indicated by an asterisk (\*) counts as 1 point

### Section I

1. Are you basically satisfied with your life?	YES	NO*
2. Do you often get bored?	YES*	NO
3. Do you often feel Helpless?	YES*	NO
4. Do you prefer to stay home rather than going out and doing new things?	YES*	NO
5. Do you feel pretty worthless the way you are now?	YES*	NO

*calculate your score in the box below*

**Score from first five questions =**

*if a score of 2 or more above, please continue with remaining 10 questions, otherwise depression may not be a problem :*

### Section II

6. Have you dropped many of your activities and interests?	YES*	NO
7. Do you feel that your life is empty?	YES*	NO
8. Are you in good spirits most of the time?	YES	NO*
9. Are you afraid that something bad is going to happen to you?	YES*	NO
10. Do you feel happy most of the time?	YES	NO*
11. Do you feel you have more problems with memory	YES*	NO

than most?		
12. Do you think it is wonderful to be alive now?	YES	NO*
13. Do you feel full of energy?	YES	NO*
14. Do you feel your situation is hopeless?	YES*	NO
15. Do you think that most people are better off than you are?	YES*	NO
<i>calculate below the totals from both section one and section two</i>		
<b>Score from all fifteen questions =</b>		

Comments:

Completed by: \_\_\_\_\_

Date: \_\_\_\_\_