MIRACLE | Counseling

Patient's Name _____ Date _____

Therapist _____

## Geriatric Depression Scale (GDS)

The Geriatric Depression Scale (GDS) is a simple, 30-item, yes/no questionnaire that can be helpful in identifying possible depression among elderly people.

Please answer "yes" or "no" to the following questions in regards to how you have been feeling recently.

| | YES | NO |
|---|---|---|
| 1. Are you basically satisfied with your life? | | |
| 2. Have you dropped many of your activities and interests? | | |
| 3. Do you feel that your life is empty? | | |
| 4. Do you often get bored? | | |
| 5. Are you hopeful about the future? | | |
| 6. Are you bothered by thoughts you can't get out of your head? | | |
| 7. Are you in good spirits most of the time? | | |
| 8. Are you afraid that something bad is going to happen to you? | | |
| 9. Do you feel happy most of the time? | | |
| 10. Do you often feel helpless? | | |
| 11. Do you often get restless and fidgety? | | |
| 12. Do you prefer to stay at home, rather than going out and doing new things? | | |
| 13. Do you frequently worry about the future? | | |
| 14. Do you feel you have more problems with memory than most? | | |
| 15. Do you think it is wonderful to be alive now? | | |
| 16. Do you often feel downhearted and blue? | | |
| 17. Do you feel pretty worthless the way you are now? | | |
| 18. Do you worry a lot about the past? | | |
| 19. Do you find life very exciting? | | |
| 20. Is it hard for you to get started on new projects? | | |
| 21. Do you feel full of energy? | | |
| 22. Do you feel that your situation is hopeless? | | |
| 23. Do you think that most people are better off than you are? | | |
| 24. Do you frequently get upset over little things? | | |
| 25. Do you frequently feel like crying? | | |
| 26. Do you have trouble concentrating? | | |

| | | |
|---|---|---|
| 27. Do you enjoy getting up in the morning? | | |
| 28. Do you prefer to avoid social gatherings? | | |
| 29. Is it easy for you to make decisions? | | |
| 30. Is your mind as clear as it used to be? | | |

Sources


1. JA Yesavage, TL Brink, et al. *Development and Validation of a Geriatric Depression Screening Scale: a Preliminary Report*. 17(1): J Psychiatr Res. 37-49. 1983.
2. JI Sheikh, JA Yesavage. *Geriatric Depression Scale (GDS): Recent Evidence and Development of a Shorter Version*. 5(1/2): Clin Gerontol 165-173. 1986.
3. EL Lesher, JS Berryhill. *Validation of the Geriatric Depression Scale-Short Form Among Inpatients*. 50(2): J Clin Psychol 256-260. 1994.