

Geriatric Depression Scale

Name: Hanni Lopez		Date: March 7, 2023	
Instructions: Choose the answer that best describes how you felt over the past week.			
Question	Statement	Answer	Score
1	Are you basically satisfied with your life?	☒ YES ☐ NO	0
2	Have you dropped many of your activities and interests?	☒ YES ☐ NO	1
3	Do you feel that your life is empty?	☐ YES ☒ NO	0
4	Do you often get bored?	☐ YES ☒ NO	0
5	Are you in good spirits most of the time?	☐ YES ☒ NO	1
6	Are you afraid that something bad is going to happen to you?	☒ YES ☐ NO	1
7	Do you feel happy most of the time?	☒ YES ☐ NO	0
8	Do you often feel helpless?	☐ YES ☒ NO	0
9	Do you prefer to stay at home, rather than going out and doing new things?	☒ YES ☐ NO	1
10	Do you feel that you have more problems with your memory than most?	☐ YES ☒ NO	0
11	Do you think that it is wonderful to be alive now?	☒ YES ☐ NO	0
12	Do you feel pretty worthless the way you are now?	☐ YES ☒ NO	0
13	Do you feel full of energy?	☐ YES ☒ NO	1
14	Do you feel that your situation is hopeless?	☐ YES ☒ NO	0
15	Do you think that most people are better off than you are?	☐ YES ☒ NO	0
TOTAL SCORE			5

Scoring instructions:

1. If the respondent answers "yes" to questions 1, 5, 7, 11, and 13, record 0 points in the score column. If the respondent answers "no", record 1 point in the score column.
2. If the respondent answers "yes" to questions 2, 3, 4, 6, 8, 9, 10, 12, 14, and 15, record 1 point in the score column. If the respondent answers "no", record 0 points in the score column.
3. Add up the score for each question to get a total score out of 15.

Interpretation:

1. A score > 5 points is suggestive of depression.
2. A score ≥ 10 points is almost always indicative of depression.
3. A score > 5 points should warrant a follow-up comprehensive assessment.