

Instructions for Geriatrics Depression Scale (GDS-S): Scoring The Short Form

Instructions

The GDS-S should be given orally. A clear YES or NO answer is required for each question. If necessary, repeat the question but do not accept a qualified answer from the test-taker. Cross off either yes or no for each question. Depressive answers (errors) are circled on the form and are bolded below. Count up 1 for each depressive answer (error). The final score is the tally of the number of depressive answers with the following scores indicating depression.

- 0-4 No depression
- 5-10 Suggestive of a mild depression
- 11+ Suggestive of severe depression

What to do if a patient does not answer a few items.

For example, if 3 of 15 items are not answered then the total score is score on 12 completed PLUS 3/15ths of total score to make-up for omitted items, e.g. if they got a 4 on the 12 they completed or 1/3 positive, add 1/3 of the 3 missing or 1 point for a total of 5.

What if the patient is aphasic?

Use a point-board, or a board with the scale and yes/no next to the items and have patient point out correct answer. If the patient is aphasic due to dementia then other measures should be used to determine the patients level of depression.

Department of Family Practice
Division of Geriatrics
GERIATRIC DEPRESSION SCALES
(Short Form, English/Spanish)

Interviewer: _____ Date: _____

CHOOSE THE BEST ANSWER FOR HOW YOU FELT OVER THE PAST WEEK.

CONTESTE SI O NO A LAS SIGUIENTES PREGUNTAS QUE SON SOBRE COMO SE HA SENTIDO EN LA SEMANA PASADA.

CIRCLE YOUR ANSWER (PONGA UN CIRCULO EN SU CONTESTACION)

- ① Are you basically satisfied with your life?yes no
¿Esta Ud. basicamente contento (a) con su vida?
2. Have you dropped many of your activities and interests?yes no
¿Ha dejado de hacer algunas de sus actividades o intereses?
3. Do you feel that your life is empty?yes no
¿Siente Ud. que su vida esta vacia?
4. Do you often get bored?yes no
¿Se siente Ud. Aburrido con frecuencia?
- ⑤ Are you in good spirits most of the time?yes no
¿Esta Ud. de buen humor la mayona del tiempo?
6. Are you afraid that something bad is going to happen to you?yes no
¿Tiene Ud. miedo que le vaya a pasar algo malo a Ud.?
- ⑦ Do you feel happy most of the time?yes no
¿Se siente Ud. feliz la mayoria del tiempo?
8. Do you often feel helpless?yes no
¿Se siente Ud. que no hay nada que pueda hacer para ayudarse?
9. Do you prefer to stay at home, rather than going out and doing new things?yes no
¿Prefiere Ud. quedarse en su casa, en vez de salir y hacer o intentar cosas nuevas?
10. Do you feel you have more problems with memory than most?yes no
¿Siente Ud. que tiene problemas con su memoria mas que la mayoria de la gente?
- ⑪ Do you think it is wonderful to be alive now?yes no
¿Cree Ud. que es maravilloso estar con vida hoy?
12. Do you feel pretty worthless the way you are now?yes no
¿Se siente Ud. sin vabr como esta Ud. hoy?
- ⑬ Do you feel full of of energy?yes no
¿Se seinte Ud. lleno(a) de energia?
14. Do you feel you your situation is hopeless?yes no
¿Siente Ud. que su situacion esta sin esperanza?
15. Do you think that most people are better than you are?yes no
¿Cree Ud. que la mayoria de la gente esta en mejores condiciones que Ud.?