

**TABLE 33-4. GERIATRIC DEPRESSION SCALE (SHORT FORM)**

1.	Are you basically satisfied with your life?	Yes	No	
2.	Have you dropped many of your activities and interests?	Yes	No	
3.	Do you feel that your life is empty?	Yes	No	
4.	Do you often get bored?	Yes	No	
5.	Are you in good spirits most of the time?	Yes	No	
6.	Are you afraid that something bad is going to happen to you?	Yes	No	
7.	Do you feel happy most of the time?	Yes	No	
8.	Do you often feel helpless?	Yes	No	
9.	Do you prefer to stay at home rather than go out and do new things?	Yes	No	
10.	Do you feel you have more problems with memory than most?	Yes	No	
11.	Do you think it is wonderful to be alive now?	Yes	No	
12.	Do you feel pretty worthless the way you are now?	Yes	No	
13.	Do you feel full of energy?	Yes	No	
14.	Do you feel that your situation is hopeless?	Yes	No	
15.	Do you think that most people are better off than you are?	Yes	No	
<hr/> <i>Score:</i> ___/15		One point for "No" to questions 1, 5, 7, 11, 13	Normal	3 ± 2
		One point for "Yes" to other questions	Mildly depressed	7 ± 3
			Very depressed	12 ± 2

Adapted from Sheikh JI, Yesavage JA: "Geriatric depression scale (GDS): Recent evidence and development of a shorter version," in *Clinical Gerontology: A Guide to Assessment and Intervention*, edited by TL Brink. Binghamton, NY, Haworth Press, 1986, pp. 165-173. By The Haworth Press, Inc. All rights reserved. Reprinted with permission.