

Resident's Name: \_\_\_\_\_ Record #: \_\_\_\_\_

### The GDS-5/15 Geriatric Depression Scale

Circle resident's response to questions. Each answer indicated by an asterisk (\*) counts as 1 point.

#### GDS-5

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

#### GDS-5 Score

If the GDS-5 score is 1 or less, you may stop here. If the GDS-5 score is 2 or more, continue with the remaining 10 questions. A GDS-5 score of **2 or more indicates possible depression.**

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 than most?	YES*	NO
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

#### GDS-15 Score

A GDS-15 score:

**5-9 indicates possible depression; above 9 usually indicates depression.**

**References:**

Weeks SK, McGann PE, Michaels TK, & Penninx, BW. Comparing various short-form geriatric depression scales leads to the GDS-5/15. *Journal of Nursing Scholarship* 2003;2:133-7.  
 Goring, H, Baldwin, R, Marriott, A, Pratt, H, & Roberts, C. Validation of short screening tests for depression and cognitive impairment in older medically ill inpatients. *International Journal of Geriatric Psychiatry* 2004;19:465-71.

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Signature of person completing form

\_\_\_\_\_  
Date

