

Geriatric Depression Scale

Choose the best answer for how you felt in the past week (circle one)

Are you basically satisfied with your life?	YES	NO
Have you dropped many of your activities and interests?	YES	NO
Do you feel that your life is empty?	YES	NO
Do you often get bored?	YES	NO
*Are you hopeful about the future?	YES	NO
Are you bothered by thoughts you can't get out of your head?	YES	NO
*Are you in good spirits most of the time?	YES	NO
Are you afraid that something bad is going to happen to you?	YES	NO
*Do you feel happy most of the time?	YES	NO
Do you often feel helpless?	YES	NO
Do you often get restless and fidgety?	YES	NO
Do you prefer to stay at home, rather than going out and doing new things?	YES	NO
Do you frequently worry about the future?	YES	NO
Do you feel you have more problems with memory than most?	YES	NO
*Do you think it is wonderful to be alive now?	YES	NO
Do you often feel downhearted and blue?	YES	NO
Do you feel pretty worthless the way you are now?	YES	NO
Do you worry a lot about the past?	YES	NO
*Do you find life very exciting?	YES	NO
Is it hard for you to get started on new projects?	YES	NO
*Do you feel full of energy?	YES	NO
Do you feel that your situation is hopeless?	YES	NO
Do you think that most people are better off than you are?	YES	NO
Do you frequently get upset over little things?	YES	NO
Do you frequently feel like crying?	YES	NO
Do you have trouble concentrating?	YES	NO
*Do you enjoy getting up in the morning?	YES	NO
Do you prefer to avoid social gatherings?	YES	NO
*Is it easy for you to make decisions?	YES	NO
*Is your mind as clear as it used to be?	YES	NO

SCORING:

*Nondepressed answers = yes, all others= no
 Score: _____ (Number of "depressed" answers)

Norms: Normal 5 +/- 4; Mildly depressed 15 +/- 6 ;Very depressed 23 +/- 5