Table 1

The Geriatric Depression Scale (GDS)

Choose the best answer for how you have felt over the past week:	
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 going out and doing 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

Answers in **bold** indicate depression. Although differing sensitivities and specificities have been obtained across studies, for clinical purposes a score greater than five points is suggestive of depression and should warrant a follow-up interview. Scores greater than 10 almost always suggest depression.

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Available from: www.stanford.edu/~yesavage/GDS.html