

15-Item Geriatric Depression Scale (GDS-15)

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

Count 1 for answers in **red**

Scoring intervals: **0-4** no depression; **5-8** mild depression; **9-11** moderate depression; **12+** severe depression