

GERIATRIC DEPRESSION SCREENING

Each **Red** answer counts one point

Total score greater than 5 is a probable indication of depression.

Issues:

The GDS is a screening tool and not a diagnosis. Where a score of more than five is indicated, a more thorough clinical investigation should be undertaken.

Questions:

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| 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 feel helpless? | Yes/No |
| 9. Do you prefer to stay at home, rather than go out and do things? | Yes/No |
| 10. Do you feel that 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 |

Total Number of Reds = Score

= _____

When a score of more than five is indicated, a more thorough clinical investigation should be undertaken.

NOTE: IF YOU FEEL YOU'RE AT RISK FOR HARMING YOURSELF OR OTHERS OR COMMITTING SUICIDE, THEN YOU'RE ADVISED TO SEE YOUR DOCTOR OR A MENTAL HEALTH PROFESSIONAL IMMEDIATELY FOR A COMPLETE EVALUATION – OR DIAL "911" OR GO TO THE NEAREST EMERGENCY ROOM FOR EVALUATION.

For additional help and guidance contact the HOPE program at 918.758.3308.