

Geriatric Depression Scale (Short Form) Cheat Sheet

by [deleted] via cheatography.com/2754/cs/6187/

Introduction

- ■15-item screening tool used to identify depression in older adults
- Used with healthy, medically ill and mild to moderately cognitively impaired adults
- ■Extensively used in community, acute and long-term care settings
- Easy to administer and score
- Same "yes/no" format as the LF (Long Form)
- ■Takes ~ 5-7 minutes to administer
- Public domain many languages
- The GDS-SF is a subset of 15 questions from the original GDS-LF with the highest correlation with depressive symptoms
- Data supports the SF as an adequate substitute for the LF

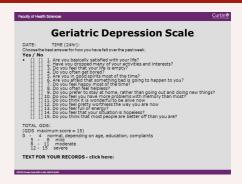
Questions: Geriatric Depression Scale (GDS_SF) Question **Answer** Score 1. Are you basically satisfied with your life? Yes/No 2. Have you dropped many of your activities and Yes/No interests? 3. Do you feel that your life is empty? Yes/No 4. Do you often get bored? Yes/No 5. Are you in good spirits most of the time? Yes/No 6. Are you afraid that something bad is going to Yes/No happen to you? 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 Yes/No going out and doing new things? 10. Do you feel you have more problems with Yes/No memory than most people? 11. Do you think it is wonderful to be alive? Yes/No 12. Do you feel pretty worthless the way you are Yes/No now? 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 Yes/No than you are?

Questions: Geriatric Depression Scale (GDS_SF) (cont)

Total

Instructions: Choose the best answer for how you felt over the past week. Note: when asking the patient to complete the form, provide the self-rated form

GDS-SF



How to Score

Answers indicating depression are in bold; score one point for each bolded answer.

- ■A score of 0 to 5 is normal
- A score > 5 suggests depression
- A score ≥ 10 is almost always indicative of depression

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