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 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 people?	**Yes**/No	
11. Do you think it is wonderful to be alive?	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	

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**