

Depression Risk Assessment**Geriatric Depression Scale: Short Form**

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

Source: <http://www.stanford.edu/~yesavage/GDS.html>

1. Ask the patient to respond to each of the 15 questions with “yes” or “no” based on how the patient has felt over the past week.
2. Circle the answers given. Each bold answer is 1 point. Add the number of points. These answers suggest depression. # Points: _____
3. Assess the score and recommend follow up as appropriate:
 - a. >5 points is suggestive of depression
 - b. ≥ 10 points is almost always indicative of depression
4. Refer any person with a score of >5 points for a follow-up comprehensive assessment. Note that medical disorders in the elderly can mimic depression, including apathetic hyperthyroidism and apathy accompanying malignancy, Parkinson’s disease, and dementia.

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For support using the toolkit

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