

Screening Tool: Alternate Geriatric Depression Scale (GDS)

Resident's Name: _____ Record #: _____

Circle resident's response to questions. Each answer indicated by an asterisk (*) counts as 1 point.

1. Are you basically satisfied with your life?	Yes	No *
2. Do you often get bored?	Yes *	No
3. Do you often feel helpless?	Yes *	No
4. Do you prefer to stay home rather than going out and doing things?	Yes *	No
5. Do you feel pretty worthless the way you are now?	Yes *	No

GDS-5 Score _____

If the GDS-5 score is 1 or less, you may stop here. If the GDS-5 score is 2 or more, continue with the remaining 10 questions. A GDS-5 score of 2 or more indicates possible depression.

6. Have you dropped many of your activities and interests?	Yes *	No
7. Do you feel that your life is empty?	Yes *	No
8. Are you in good spirits most of the time?	Yes	No *
9. Are you afraid that something bad is going to happen to you?	Yes *	No
10. Do you feel happy most of the time?	Yes	No *
11. Do you feel you have more problems with memory than most?	Yes *	No
12. Do you think it is wonderful to be alive now?	Yes	No *
13. Do you feel full of energy?	Yes	No *
14. Do you feel your situation is hopeless?	Yes *	No
15. Do you think that most people are better off than you are?	Yes *	No

GDS-15 Score _____

A GDS-15 score of 5-9 indicates possible depression; above 9 usually indicates depression

Signature of person completing form

Date

References:

Weeks SK, McGann PE, Michaels TK, & Penninx, BW. Comparing various short-form geriatric depression scales leads to the GDS-5/15. *Journal of Nursing Scholarship* 2003;2:133-7.

Goring, H, Baldwin, R, Marriott, A, Pratt, H, & Roberts, C. Validation of short screening tests for depression and cognitive impairment in older medically ill inpatients. *International Journal of Geriatric Psychiatry* 2004;19:465-71.