



## **GERIATRIC DEPRESSION SCALE**

**Choose the best answer for how you have felt over the past week.**

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|--|----------------|
| <b>1. Are you basically satisfied with your life?</b>                                | <b>yes/ no</b> |
| <b>2. Have you dropped many of your activities and interests?</b>                    | <b>yes /no</b> |
| <b>3. Do you feel that your life is empty?</b>                                       | <b>yes/ no</b> |
| <b>4. Do you often get bored</b>   | <b>yes/ no</b> |
| <b>5. Are you in good spirits most of the time?</b>                                  | <b>yes/ no</b> |
| <b>6. Are you afraid that something bad is going to happen to you?</b>               | <b>yes /no</b> |
| <b>7. Do you feel happy most of the time?</b>  | <b>yes /no</b> |
| <b>8. Do you often feel helpless?</b>  | <b>yes/ no</b> |
| <b>9. Do you prefer to stay at home, rather than going out and doing new thing ?</b> | <b>yes/ no</b> |
| <b>10. Do you feel you have more problems with your memory than most?</b>            | <b>yes/ no</b> |
| <b>11. Do you think it is wonderful to be alive now?</b>                             | <b>yes/ no</b> |
| <b>12. Do you feel pretty worthless the way you are now?</b>                         | <b>yes /no</b> |
| <b>13. Do you feel full of energy?</b>   | <b>yes /no</b> |
| <b>14. Do you feel that your situation is hopeless?</b>                              | <b>yes/ no</b> |
| <b>15. Do you think that most people are better off than you are?</b>                | <b>yes no</b>  |

## Scoring

Compare the answers below to your own. For every answer that matches your own, give yourself one point. A score of 5 or more suggests Depression, and you should seek professional help.

1. no    6. yes    11. no  
2. yes    7. no    12. yes  
3. yes    8. yes    13. no  
4. yes    9. yes    14. yes  
5. no    10. yes    15. yes

**For more information contact:**

**Silver Lining Program for Senior Adults  
CenterPointe Hospital of Columbia  
1201 International Drive (off north Range Line St.)  
Columbia, MO 65202  
855-623-7016 Toll Free  
573-615-2001 Main**