

# **GDS-4**

## ***Geriatric Depression Scale***

### ***4 questions***

**Purpose** : The 4 item Geriatric Depression Scale is suitable as a screening test for depressive symptoms in the elderly

**Admin time** : 3 min

**User Friendly** : High

**Administered by** : Health care provider or self administered

**Content** : 4 questions pertaining to depression

**Author** : Sheikh JI, 1986

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<https://www.cgakit.com/p-4-gds>

Name

Date

## Geriatric Depression Scale (GDS-4)

Instructions: Circle the best answer for how you felt over the past week

Questions	Circle one answer	
Are you basically satisfied with your life?	Yes	No
Do you feel that your life is empty?	Yes	No
Are you afraid that something bad is going to happen to you?	Yes	No
Do you feel happy most of the time?	Yes	No

Ref.: Sheikh, J.I., and Yesavage, J.A. Geriatric Depression Scale (GDS): Recent evidence and development of a shorter version. *Clinical Gerontologist* 5(1-2): 165-173, 1986.

# Scoring

## Geriatric Depression Scale (GDS-4)

Questions	Answer score		Score
Are you basically satisfied with your life?	<b>Yes</b> <b>0</b>	<b>No</b> <b>1</b>	
Do you feel that your life is empty?	<b>Yes</b> <b>1</b>	<b>No</b> <b>0</b>	
Are you afraid that something bad is going to happen to you?	<b>Yes</b> <b>1</b>	<b>No</b> <b>0</b>	
Do you feel happy most of the time?	<b>Yes</b> <b>0</b>	<b>No</b> <b>1</b>	
	<b>Total</b>		

Results:

0 = Not Depressed

1 = Uncertain

2 to 4 = Depressed