

# **GDS-30**

## ***Geriatric Depression Scale***

### ***30 questions***

**Purpose** : This is the original full length GDS for evaluating the clinical severity of depression.

**Admin time** : 45 min

**User Friendly** : High

**Administered by** : Health care provider

**Content** : 30 questions pertaining to depression

**Author** : Sheikh JI, 1983

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

Name

Date

## Geriatric Depression Scale (GDS-30)

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

No.	Question	Answer	
		YES	NO
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 hopeful about the future?	YES	NO
6.	Are you bothered by thoughts you can't get out of your head?	YES	NO
7.	Are you in good spirits most of the time?	YES	NO
8.	Are you afraid that something bad is going to happen to you?	YES	NO
9.	Do you feel happy most of the time?	YES	NO
10.	Do you often feel helpless?	YES	NO
11.	Do you often get restless and fidgety?	YES	NO
12.	Do you prefer to stay at home, rather than going out and doing new things?	YES	NO
13.	Do you frequently worry about the future?	YES	NO
14.	Do you feel you have more problems with memory than most?	YES	NO
15.	Do you think it is wonderful to be alive now?	YES	NO
16.	Do you often feel downhearted and blue?	YES	NO
17.	Do you feel pretty worthless the way you are now?	YES	NO
18.	Do you worry a lot about the past?	YES	NO
19.	Do you find life very exciting?	YES	NO
20.	Is it hard for you to get started on new projects?	YES	NO
21.	Do you feel full of energy?	YES	NO
22.	Do you feel that your situation is hopeless?	YES	NO
23.	Do you think that most people are better off than you are?	YES	NO
24.	Do you frequently get upset over little things?	YES	NO
25.	Do you frequently feel like crying?	YES	NO
26.	Do you have trouble concentrating?	YES	NO
27.	Do you enjoy getting up in the morning?	YES	NO
28.	Do you prefer to avoid social gatherings?	YES	NO
29.	Is it easy for you to make decisions?	YES	NO
30.	Is your mind as clear as it used to be?	YES	NO

Yesavage JA, Brink TL, Rose TL, et al. Development and validation of a geriatric depression screening scale: a preliminary report. *J Psychiatr Res* 1983; 17:37-49.

# Scoring

## Geriatric Depression Scale (GDS-30)

No.	Question	Answer		Score
		YES	NO	
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30.	Is your mind as clear as it used to be?	YES	NO	
Total				

This is the original scoring for the scale: One point for each of these answers.

1. NO    6. YES    11. YES    16. YES    21. NO    26. YES  
 2. YES    7. NO    12. YES    17. YES    22. YES    27. NO  
 3. YES    8. YES    13. YES    18. YES    23. YES    28. YES  
 4. YES    9. NO    14. YES    19. NO    24. YES    29. NO  
 5. NO    10. YES    15. NO    20. YES    25. YES    30. NO

**normal-0-9**

**mild depressives-10-19**

**severe depressives-20-30**