

## Geriatric Depression Scale

Free, Available at <http://dementiakt.com.au/doms/domains/behaviour/geriatric-depression-scale/>

Pop	Time	Purpose	Measures	Scoring	Notes
Older adults (mild cognitive dysfunction, early stages of dementia)  *For individuals with severe dementia consider using the Cornell Scale for Depression ( <a href="http://dementiakt.com.au/doms/domains/behaviour/csdd/">http://dementiakt.com.au/doms/domains/behaviour/csdd/</a> )	10 mins	Depression	Overall depression symptoms score	There is a 15-item short form & 30 item long form.  Person answers Y/N questions related to how one has felt <u>over the past week</u> .  One point is assigned for every positive depression answer (see right column on testing form).  A score of 5 or more indicates the likelihood of depression and the need for a more clinical investigation.	Screening tool for depression. Does not diagnosis a formal mental health disorder.

## GDI Completed Example

### GERIATRIC DEPRESSION SCALE (SHORT VERSION)

Name: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_ Completed By: \_\_\_\_\_

**Jerome A Yesavage Geriatric Depression Scale Psychopharmacology Bulletin (1988) 24:4;709-711**

**Instructions:**

- Each answer counts one point.
- Total score greater than five indicates probably depression.

**Issues:**

The GDS is a screening tool and not a diagnosis. Where a score of more than five is indicated, a more thorough clinical investigation should be undertaken.

Fehér et al.<sup>37</sup> have concluded that the GDS is a generally valid measure of the mild-to-moderate depressive symptoms in Alzheimer patients with mild-to-moderate dementia.

*The right hand column shows test answers which are positive for depression*

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

*When a score of more than five is indicated, a more thorough clinical investigation should be undertaken.*

## **Narrative Summary of Findings**

Here is an example of how you might document the above findings:

### Pre-Intervention

According to the Geriatric Depression Scale (GDS), ct received a score of 8 out of a possible 15 points indicating likelihood of depression. Further assessment needed.

### Post-Intervention Assessment

According to the Geriatric Depression Scale (GDS), ct's depressive symptoms decreased from 8 to 6 although still indicating likelihood of depression.