



Geriatric Depression Scale-15 (GDS-15)

Instructions:

Select the best answer for how you felt over the past week

		Yes	No
1	Are you basically satisfied with your life?	0	1
2	Have you dropped many of your activities and interests?	1	0
3	Do you feel that your life is empty?	1	0
4	Do you often get bored?	1	0
5	Are you in good spirits most of the time?	0	1
6	Are you afraid that something bad is going to happen to you?	1	0
7	Do you feel happy most of the time?	0	1
8	Do you often feel helpless?	1	0
9	Do you prefer to stay at home, rather than going out and doing new things?	1	0
10	Do you feel you have more problems with memory than most people?	1	0
11	Do you think it is wonderful to be alive?	0	1
12	Do you feel pretty worthless the way you are now?	1	0
13	Do you feel full of energy?	0	1
14	Do you feel that your situation is hopeless?	1	0
15	Do you think that most people are better off than you are?	1	0

Developer Reference:

Yesavage, J. A., Brink, T. L., Rose, T. L., Lum, O., Huang, V., Adey, M., & Leirer, V. O. (1982). Development



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and validation of a geriatric depression screening scale: A preliminary report. *Journal of Psychiatric Research*, 17(1), 37–49. [https://doi.org/10.1016/0022-3956\(82\)90033-4](https://doi.org/10.1016/0022-3956(82)90033-4)

Yesavage, J. A., & Sheikh, J. I. (1986). 9/Geriatric Depression Scale (GDS): Recent Evidence and Development of a Shorter Version. *Clinical Gerontologist*, 5(1–2), 165–173. https://doi.org/10.1300/J018v05n01_09

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