

## GERIATRIC DEPRESSION SCALE (GDS-SV)

The purpose of the Geriatric Depression Scale (GDS) is to obtain the person's perception of their depression. It is designed to be administered by individuals who have not had any specific training or experience with mental health issues or the GDS.

This is not a required screen for Iowa PASRR, but can be used anytime the provider feels it would be in the best interest of the individual.

### 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. Feher 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.

### Interview the client to collect the following information:

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

### Scoring:

Score: \_\_\_\_\_/15

One point for No to question 1, 5, 7, 11, 13

One point for Yes to other questions

Normal  $\pm 2$

Mildly Depressed  $7 \pm 3$

Very Depressed  $12 \pm 2$

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