

8-item Geriatric Depression Scale (GDS-8)

GDS Items		
1. Are you basically satisfied with your life?	Yes	No
2. Do you feel that your life is empty?	Yes	No
3. Do you often get bored?	Yes	No
4. Are you in good spirits most of the time?	Yes	No
5. Do you feel happy most of the time?	Yes	No
6. Do you often feel helpless?	Yes	No
7. Do you think it is wonderful to be alive now?	Yes	No
8. Do you feel that your situation is hopeless?	Yes	No

Score (sum of all **BOLD** answers circled):

*Patients scoring ≥ 3 have probable depression, and require further assessment
or referral to appropriate mental health service*

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Note. The Geriatric Depression Scale (8) was reproduced, with permission, from Jongenelis, K., Gerritsen, D. L., Pot, A. M., Beekman, A. T. F., Eisses, A. M. H., Kluiters, H., & Ribbe, M. W. (2007). Construction and validation of a patient- and user-friendly nursing home version of the Geriatric Depression Scale. *International Journal of Geriatric Psychiatry*, 22, 837-842.