

Depression Scale

Instructions:

Choose the best answer for how you have felt over the past week:

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 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 often feel helpless?** **Yes** No
9. **Do you prefer to stay at home, rather than going out and doing new things?** **Yes** No
10. **Do you feel 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

Score Meaning:

Answers in **bold** indicate depression. Score 1 point for each bolded answer.

A score > 5 points is suggestive of depression

A score ≥ 10 points is almost always indicative of depression

A score > 5 points should warrant a follow-up comprehensive assessment

Copyright: Bring, TL., Yesavage, JA., Lum, O., Heersema, P., Adey, MB., Rose, TL.: Screening tests for geriatric depression. Clinical Gerontologist 1: 37-44, 1982.

Powered by **WebPT**