

DEPRESSION SCALE

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

1. Are you basically satisfied with life? (No=1)
2. Have you dropped many of your activities and interests? (Yes=1)
3. Do you feel that your life is empty? (Yes=1)
4. Do you often get bored? (Yes=1)
5. Are you hopeful about the future? (No=1)
6. Are you bothered by thoughts you can't get out of your head? (Yes=1)
7. Are you in good spirits most of the time? (No=1)
8. Are you afraid that something bad is going to happen to you? (Yes=1)
9. Do you feel happy most of the time? (No=1)
10. Do you often feel helpless? (Yes=1)
11. Do you get restless and fidgety? (Yes=1)
12. Do you prefer to stay home, rather than going out and doing new things?
(Yes=1)
13. Do you frequently worry about the future? (Yes=1)
14. Do you feel you have more problems with your memory than most? (yes=1)
15. Do you think it is wonderful to be alive now? (No=1)
16. Do you often feel downhearted and blue? (Yes=1)
17. Do you feel pretty worthless the way you are now? (Yes=1)
18. Do you worry a lot about the past? (Yes=1)
19. Do you find life very exciting? (No=1)
20. Is it hard for you to get started on new projects? (Yes=1)
21. Do you feel full of energy? (No=1)
22. Do you feel your situation is hopeless? (Yes=1)

23. Do you think that most people are better than you? (Yes=1)

24. Do you frequently get upset over little things? (Yes=1)

25. Do you frequently feel like crying? (Yes=1)

26. Do you have trouble concentrating? (Yes=1)

27. Do you enjoy getting up in the morning? (no=1)

28. Do you prefer to avoid social gatherings? (Yes=1)

29. Is it easy for you to make decisions? (No=1)

30. Is your mind as clear as it used to be? (No=1)

Scores:

0 - 9 Normal

10 - 19 Mild Depressive

20 - 30 Severe Depressive

Source: [www.stanford.edu/~ yesavage](http://www.stanford.edu/~yesavage)

The Hartford Institute for Geriatric Nursing, Division of Nursing, New York University

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hartford.ign@nyu.edu