



## 5-Item Geriatric Depression Scale [GDS]

The 5-item Geriatric Depression Scale (GDS) is used as a screening tool for identifying depression in older adults. It can be used within a wide range of settings, and can be used with those that have a medical illness or those with mild to moderate cognitive impairment. In addition to the 5-item scale, there is a *long form* (30-item questionnaire) and *short form* (15-item questionnaire) for the GDS.

5-Item Geriatric Depression Scale	
<b>Link to Tool</b>	<a href="http://www.sagelink.ca/sites/default/files/uploads/tools/5ItemGDS.pdf">http://www.sagelink.ca/sites/default/files/uploads/tools/5ItemGDS.pdf</a>
<b>Time to Administer</b>	2.7 minutes
<b>Type</b>	Standardized screening tool.
<b>Setting</b>	This short screening tool is used to identify the possible presence of a depression.
<b>Administration</b>	<p>The 5-item GDS consists of 5 items from the traditional short form (1, 4, 8, 9 and 12):</p> <ol style="list-style-type: none"> <li>1. Are you basically satisfied with your life? YES/ <b>NO</b></li> <li>2. Do you often get bored? <b>YES/</b> NO</li> <li>3. Do you often feel helpless? <b>YES/</b> NO</li> <li>4. Do you prefer to stay at home rather than going out and doing new things? <b>YES/</b> NO</li> <li>5. Do you feel pretty worthless the way you are now? <b>YES/</b> NO</li> </ol> <p>It is considered useful to augment the assessment of the presence of depression in older adults. It does <u>not</u> assess for suicide risk.</p>
<b>Interpretation</b>	When using the 5-item GDS two or more answers in bold, as indicated above, are suggestive of a depression warranting further assessment. The clinician may proceed to the full 15-item scale for further clinical information. Research on the 5-item GDS has found an alpha coefficient of 0.80, sensitivity of 0.94, specificity of 0.82, positive predictive value of 0.82 and negative predictive value of 0.94 (Hoyl et al, 1999).
<b>Reference</b>	Hoyl, M.T., Alessi, C.A., Harker, J.O., Josephson, K.R., Pietruszka, F., Koelfgen, M., Mervis, J.R., Fitten, L.J. and Rubenstein, L.Z. (1999). <i>Development and testing of a five-item version of the Geriatric Depression Scale</i> . <i>JAGS</i> , 47, 873-878.