

## English version of the Geriatric Depression Scale

Question	Yes	No
* 1. Are you basically satisfied with your life?	0	1
2. Have you dropped many of your interests and hobbies?	1	0
3. Do you feel that your life is empty?	1	0
4. Do you often get bored?	1	0
* 5. Are you hopeful about the future?	0	1
6. Are you bothered by thoughts that you can't get out of your head?	1	0
* 7. Are you in good spirits most of the time?	0	1
8. Are you afraid that something bad is going to happen to you?	1	0
* 9. Do you feel happy most of the time?	0	1
10. Do you often feel helpless?	1	0
11. Do you often get restless and fidgety?	1	0
12. Do you prefer to stay at home, rather than going out and doing new things?	1	0
13. Do you frequently worry about the future?	1	0
14. Do you feel that you have more problems with memory than most people?	1	0
* 15. Do you think it is wonderful to be alive now?	0	1
16. Do you often feel downhearted and blue?	1	0
17. Do you feel pretty worthless the way you are now?	1	0
18. Do you worry a lot about the past?	1	0
* 19. Do you find life very exciting?	0	1
20. Is it hard for you to get started on new projects?	1	0
* 21. Do you feel full of energy?	0	1
22. Do you feel that your situation is hopeless?	1	0
23. Do you feel that most of the people are better off than your age?	1	0
24. Do you frequently get upset over little things?	1	0
25. Do you frequently feel like crying?	1	0
26. Do you have trouble concentrating?	1	0
* 27. Do you enjoy getting up in the morning?	0	1
28. Do you prefer to avoid social gatherings?	1	0
* 29. Is it easy for you to make decisions?	0	1
* 30. Is your mind as clear as it used to be?	0	1

\* **Note: Questions 1, 5, 7, 9, 15, 19, 21, 27, 29 and 30 have reverse coding.**

### Scoring Criteria:

As we developed the GDS-H for research purposes, we have not established a cut point (cutting score) for clinical use. The convention cut point (cutting score) for clinical use was judged by us to be too low for the Hindi-speaking population of our study. For our study we established an operational cut point at the 90th percentile of the Ballabgarh population's scores, i.e. the score that identified the 'most depressed' tenth of the population. In our population, the 90th percentile score was 22. We recommend that others planning to use the GDS-H conduct pilot testing in their own populations to determine the most appropriate cut point for their purposes See the manuscript " Depressive symptoms, cognitive impairment and functional impairment in a rural elderly population in India: A Hindi version of the Geriatric Depression Scale (GDS-H). Ganguli M., Dube S., Johnston M, Pandav R., Chandra V., Dodge H. *International Journal of Geriatric Psychiatry* 14:807-820, 1999." for further details.

**Correspondence to:**

Dr. Mary Ganguli, MD MPH,  
Professor of Psychiatry and Epidemiology,  
Division of Geriatrics and Neuropsychiatry  
Department of Psychiatry,  
University of Pittsburgh School of Medicine  
WPIC, 3811 O'Hara Street,  
Pittsburgh, PA 15213, USA  
E-mail: [gangulim@upmc.edu](mailto:gangulim@upmc.edu)