



GERIATRIC MOOD SCALE

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 1 point for each **BOLDED** answer:

- 0-4 points No depression
- 5-10 points Suggestive of a mild depression
- 11+ points Suggestive of severe depression

This scale is for information only and is not meant to replace a professional diagnostic exam.