

Australian Chinese version of the Geriatric Depression Scale-15 (GDS-15)

1. Background:

- The Australian Chinese versions of the GDS-15 were developed as part of a study conducted by the National Ageing Research Institute (NARI) that aimed to investigate the usefulness of the Geriatric GDS and the Geriatric Anxiety Inventory (GAI) in detecting late life depression and anxiety in community-dwelling older Chinese migrants. This project was funded by *beyondblue* (www.beyondblue.org.au). For more information about this project, please visit www.nari.unimelb.edu.au.
- The GDS-15 was developed by Sheikh and Yesavage (1986). It was designed specifically for use with the older population and is currently one of the most commonly used screening tools for depression among older people. Currently, two versions of the GDS-15 have been used with older Chinese immigrants living in Western countries, including the standard GDS-15 and the Mui's (1996) GDS-15. There are five different items between these two versions (i.e., Items 8, 9, 11, 13, 14 in GDS-S were replaced with Items 8,9, 11, 14,15 in the GDS-M).
- The Australian Chinese version of the GDS includes both the standard GDS-15 and the Mui's (1996) GDS-15. The translation was based on Mui (1996) and Sandy Chen Stokes (the latter is provided on the GDS website). This translation was later revised through consultation with health professionals and piloted with a group of community-dwelling older Chinese immigrants living in Melbourne.
- For health professionals, it is suggested that you can use either version of the GDS. For researchers, it is suggested that you use both versions as currently there is limited data comparing the performance of the two versions.
- It is recommended that you use these tools in conjunction with a screening guide on depression and anxiety among older Chinese immigrants developed by NARI (available on www.nari.unimelb.edu.au).

2. Instructions for administration:

- Ask clients/participants to answer "Yes" or "No" based on how they felt over the past week and circle their responses accordingly.
- If participants cannot decide on "Yes" or "No", ask them whether it is more a "Yes" or more a "No" and circle their responses accordingly.
- If participants still can't decide after the prompt, score the item as "Missing".

3. Instructions for scoring:

- For the standard GDS-15:
 - Items 1, 5, 7, 11, 13: score 0 for a "Yes" response and score 1 for a "No" response
 - The remaining items: score 1 for a "Yes" response and score 0 for a "No" response
- For the Mui's (1996) GDS-15:
 - Items 1, 5, 7: score 0 for a "Yes" response and score 1 for a "No" response
 - The remaining items: score 1 for a "Yes" response and score 0 for a "No" response
- Add up the scores of all items
- Cut-off score:
 - A score between 0-4 indicates no presence of depression
 - A score of 5 and above indicates possible presence of depression, with a score between 5 and 9 indicating mild symptoms and a score of 10 and above indicating moderate symptoms

Mui, A. C. (1996). Geriatric Depression Scale as a Community Screening Instrument for Elderly Chinese Immigrants. *International Psychogeriatrics*, 8(03), 445-458.

Sheikh, J. I., & Yesavage, J. A. (1986). Geriatric Depression Scale (GDS): recent evidence and development of a shorter version. In T. L. Brink (Ed.), *Clinical gerontology: a guide to assessment and intervention* (pp. 165-173). New York: Haworth Press.

Australian Chinese version of the Standard GDS-15

	Items	Answer	
1.	Are you basically satisfied with your life? 你对自己的生活基本上满意吗? 你對自己的生活基本上滿意嗎?	Yes 是	No 否
2.	Have you dropped many of your activities and interests? 你是否已放弃了自己的很多活动和兴趣? 你是否已放棄了自己的很多活動和興趣?	Yes 是	No 否
3.	Do you feel that your life is empty? 你是否觉得生活空虚? 你是否覺得生活空虛?	Yes 是	No 否
4.	Do you often get bored? 你是否常常感到无聊? 你是否常常感到無聊?	Yes 是	No 否
5.	Are you in good spirits most of the time? 你是否常常感到精神不错, 精神还可以? 你是否常常感到精神不錯, 精神還可以?	Yes 是	No 否
6.	Are you afraid that something bad is going to happen to you? 你是否害怕会有不好的事情发生在你身上呢? 你是否害怕會有不好的事情發生在你身上呢?	Yes 是	No 否
7.	Do you feel happy most of the time? 你大部分时间心情还可以吗? 你大部分時間心情還可以嗎?	Yes 是	No 否
8.	Do you often feel helpless? 你是否经常觉得无助? 你是否經常覺得無助?	Yes 是	No 否
9.	Do you prefer to stay at home, rather than going out and doing new things? 你是否宁愿留在家里, 而不外出并做些新的事呢? 你是否寧願留在家裏, 而不外出並做些新的事呢?	Yes 是	No 否
10.	Do you feel you have more problems with memory than most? 你是否觉得你的记忆力比多数人差? 你是否覺得你的記憶力比多數人差?	Yes 是	No 否
11.	Do you think it is wonderful to be alive now? 你是否觉得活着真好, 活着还不错? 你是否覺得活著真好, 活著還不錯?	Yes 是	No 否
12.	Do you feel pretty worthless the way you are now? 你是否觉得自己现在很没用呢? 你是否覺得自己現在很沒用呢?	Yes 是	No 否
13.	Do you feel full of energy? 你是否感到精力充足, 精力足够应付日常的生活? 你是否感到精力充足, 精力足夠應付日常的生活?	Yes 是	No 否
14.	Do you feel that your situation is hopeless? 你是否觉得自己的处境没有希望? 你是否覺得自己的處境沒有希望?	Yes 是	No 否
15.	Do you think that most people are better off than you are? 你是否觉得多数人都比你活得好吗? 你是否覺得多數人都比你活得好嗎?	Yes 是	No 否

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Australian Chinese version of the Mui's (1996) GDS-15

	Items	Answer	
1.	Are you basically satisfied with your life? 你对自己的生活基本上满意吗? 你對自己的生活基本上滿意嗎?	Yes 是	No 否
2.	Have you dropped many of your activities and interests? 你是否已放弃了自己的很多活动和兴趣? 你是否已放棄了自己的很多活動和興趣?	Yes 是	No 否
3.	Do you feel that your life is empty? 你是否觉得生活空虚? 你是否覺得生活空虛?	Yes 是	No 否
4.	Do you often get bored? 你是否常常感到无聊? 你是否常常感到無聊?	Yes 是	No 否
5.	Are you in good spirits most of the time? 你是否常常感到精神不错, 精神还可以? 你是否常常感到精神不錯, 精神還可以?	Yes 是	No 否
6.	Are you afraid that something bad is going to happen to you? 你是否害怕会有不好的事情发生在你身上呢? 你是否害怕會有不好的事情發生在你身上呢?	Yes 是	No 否
7.	Do you feel happy most of the time? 你大部分时间心情还可以吗? 你大部分時間心情還可以嗎?	Yes 是	No 否
8.	Do you often get restless and fidgety? 你是否常常感到烦躁和不安呢? 你是否常常感到煩躁和不安呢?	Yes 是	No 否
9.	Do you frequently worry about the future 你是否经常担心自己的将来? 你是否經常擔心自己的將來?	Yes 是	No 否
10.	Do you feel you have more problems with memory than most? 你是否觉得你的记忆力比多数人差? 你是否覺得你的記憶力比多數人差?	Yes 是	No 否
11.	Do you often feel downhearted and blue? 你是否常常感到情绪低落及苦闷呢? 你是否常常感到情緒低落及苦悶呢?	Yes 是	No 否
12.	Do you feel pretty worthless the way you are now? 你是否觉得自己现在很没用呢? 你是否覺得自己現在很沒用呢?	Yes 是	No 否
13.	Do you think that most people are better off than you are? 你是否觉得多数人都比你活得好吗? 你是否覺得多數人都比你活得好嗎?	Yes 是	No 否
14.	Do you frequently get upset over little things? 你是否常为很小的事而感到不开心呢? 你是否常為很小的事而感到不開心呢?	Yes 是	No 否
15.	Do you frequently feel like crying? 你是否常常想哭呢? 你是否常常想哭呢?	Yes 是	No 否

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