

GERIATRIC MEDICINE Skills Fair—STATION 1

Geriatric Depression Scale

STUDENT ROLE PLAY GUIDE: CASE A

1. Are you basically satisfied with life? *“Yes, I’d say so.”*
2. Have you dropped many of your activities and interests?
“Well, since my hip surgery I haven’t been able to get out of the house very well.” If the examiner asks for further clarification, you say *“Well, I guess that would be a Yes.”*
3. Do you feel that your life is empty? *“No, I wouldn’t say that.”*
4. Do you often get bored? *“Sometimes I do...actually, yes, I get bored pretty often.”*
5. Are you in good spirits most of the time? *“Yes.”*
6. Are you afraid that something bad is going to happen to you? *“No, I’m not really afraid.”*
7. Do you feel happy most of the time? *“Yes, mostly.”*
8. Do you often feel helpless?
“I did after my hip surgery but I’m doing more for myself now.” If the examiner asks further, you may say *“No, I wouldn’t say I really feel helpless. I can ways figure out how to solve a problem even if I have to ask for help.”*
9. Do you prefer to stay at home, rather than going out and doing new things?
“No, I’d rather be out and about and busy if I could.... It is just my hip bothers me so often....I actually prefer to be out doing thing when I’m up to it.”
10. Do you feel you have more problems with memory than most people?
“Well, it seems like I can’t remember people’s names like I used to, but my friends have the same trouble! I don’t think my memory is much different than anybody else’.”
11. Do you think it is wonderful to be alive? *“Yes, it certainly beats the alternative!”*
12. Do you feel pretty worthless the way you are now? *“No, I wouldn’t say that.”*
13. Do you feel full of energy? *“No, I wish I did, but I’m often tired.”*
14. Do you feel that your situation is hopeless? *“No, not at all. I think things will be OK.”*
15. Do you think that most people are better off that you are? *“No, I’ve been blessed. I am very fortunate.”*