

GERIATRIC MEDICINE Skills Fair—STATION 1

Geriatric Depression Scale

STUDENT ROLE PLAY GUIDE: CASE B

1. Are you basically satisfied with life?
"Well, I guess so, yes."
2. Have you dropped many of your activities and interests?
"Yes, after my stroke....I used to volunteer at the hospital but now I don't walk well enough for that, and I can't do much carpentry anymore either like I used to. I just don't feel very motivated to try to do much these days."
3. Do you feel that your life is empty?
"Well, sometimes I'd say so...I have good days and bad days." The examiner should clarify about which is more true in the last week. "I guess it isn't really empty, I still have my family and friends. So I'd have to say 'no.'"
4. Do you often get bored?
"Yes, I'd say I'm bored pretty often. Mostly I just watch TV."
5. Are you in good spirits most of the time?
"I wish I could say Yes—I probably should be." If examiner asks further to clarify which is more true over the last week, you may say "I guess over the last week I've been feeling pretty poorly, I'd have to say 'No.'"
6. Are you afraid that something bad is going to happen to you?
"Yes, I'm worried I might have another stroke and not be able to even talk anymore and that I'd end up having to go to a nursing home if my wife couldn't take care of me."
7. Do you feel happy most of the time?
"Not really, no."
8. Do you often feel helpless?
"Yes, I can't do much of anything for myself."
9. Do you prefer to stay at home, rather than going out and doing new things?
"Yup, it is so much trouble to get out of the house, it just doesn't seem worth it."
10. Do you feel you have more problems with memory than most people?
"Yea, that is another thing. I feel like I just can't remember much anymore, I'm worried I'm getting Alzheimer's."
11. Do you think it is wonderful to be alive?

“Well, I used to think so before my stroke, but now I’m not so sure. “ When the examiner presses for a firmer answer, say “Well, yes, it is still better to be alive than not. I’d say yes.”

12. Do you feel pretty worthless the way you are now?

“Yes, I do, I just feel useless and like a burden to my family.”

13. Do you feel full of energy?

“No way, I’m tired from the moment I wake up.”

14. Do you feel that your situation is hopeless?

“Well, I hope not. I figure there’s always hope that I’ll recover more from my stroke.”

15. Do you think that most people are better off than you are?

“Heck, no! There are plenty of folks out there with problems worse than mine.”