Uitgebreide toelichting van het meetinstrument

Geriatric Depression Scale (GDS)

November 2026

Review: Darcy Ummels
Invoer: Marsha Bokhorst

1 Algemene gegevens

	Het meetinstrument heeft betrekking op de volgende categorieën
Lichaamsregio	Overige
Aandoening (ICD)	Psychische stoornissen
Domein 'Menselijk functioneren' (ICF)	Overige

- *Korte beschrijving* → De Geriatric Depression Scale (GDS) is een screeningsschaal voor depressie bij ouderen. Deze vragenlijst wordt door ouderen zelf ingevuld. Er zijn verschillende versies beschikbaar: de GDS-30, de GDS-15, de GDS-8, de GDS-5 en verschillende versies van de GDS-4.[1-3]

- *Doelgroep* → ouderen [1-3]

- *Auteur:*
  - ✓ *Oorspronkelijke versie* → Brink TL, et al. (1982)[1] en Yesavage JA, et al. (1983)[2]
  - ✓ *Nederlandse versie* → Trimbos: Bleeker JAC, Frohn de Winter ML, Cornelissen E (1985)[3]

2 Doel van het meetinstrument

- Diagnostisch
- Inventariserend
- Evaluatief / effectief

3 Soort / vorm van het meetinstrument

- Vragenlijst
- *Opbouw* → afhankelijk van de versie: 30 items, 15 items, 8 items, 5 items, 4 items
- *Invulinstructie* → Deze vragenlijst bestaat uit vragen waarop u met "Ja" of "Nee" kunt antwoorden. Het is de bedoeling dat u de vragen leest en bedenkt welk antwoord u hierop zult geven. U geeft het antwoord dat het best weergeeft hoe u zich de afgelopen week, met vandaag erbij, gevoeld heeft. Om het door u gekozen antwoord zet u dan een cirkel. Het is belangrijk dat u alle vragen beantwoordt.
- *Meetniveau* → GDS-30 en GDS-15: per item: wijze score (0-1); meetniveau ordinaal
- *Meetniveau* → GDS-30: totaal score: wijze score (0-30); meetniveau ordinaal
  GDS-15: totaal score: wijze score (0-15); meetniveau ordinaal

4 Verkrijgbaarheid

- *Opvraagbaar bij* →
  GDS-5: https://eprovide.mapi-trust.org/instruments/geriatric-depression-scale-5
  GDS-15: https://eprovide.mapi-trust.org/instruments/geriatric-depression-scale-short-version-c
  GDS-30: https://eprovide.mapi-trust.org/instruments/geriatric-depression-scale-long-form-c
- *Geschatte kosten* → - Na het invullen van een vragenlijst gratis te downloaden voor: studenten, artsen, klinische praktijk, niet-gesubsidieerd onderzoek; maak hiervoor een gratis basisaccount aan via: https://eprovide.mapi-trust.org/register
  - Voor gesubsidieerd onderzoek, zorgorganisaties, commerciële gebruikers en IT bedrijven kunnen er kosten zijn.
- *Copyright* → GDS-30© MedWorks Media, Inc., 1982
  GDS-15 © MedWorks Media, Inc., 1986
  GDS-5 © the American Geriatrics Society 1999

5 Methodologische kwaliteit

Gegevens over de methodologische kwaliteit staan in de volgende reviews:

- Gitlin LN, Marx KA, Stanley IH, Hansen BR, van Haitsma KS. Assessing neuropsychiatric symptoms in people with dementia: a systematic review of measures. 2014[4]
- Burton LJ, Tyson S. Screening for mood disorders after stroke: a systematic review of psychometric properties and clinical utility. 2015[5]
- Wakefield CE, Butow PN, Aaronson NA, Hack TF, Hulbert-Williams NJ, Jacobsen PB; International Psycho-Oncology Society Research Committee. Patient-reported depression measures in cancer: a meta-review. 2015[6]
- Pocklington C, Gilbody S, Manea L, McMillan D. The diagnostic accuracy of brief versions of the Geriatric Depression Scale: a systematic review and meta-analysis. 2016[7]
- Goodarzi Z, Mrklas KJ, Roberts DJ, Jette N, Pringsheim T, Holroyd-Leduc J. Detecting depression in Parkinson disease: a systematic review and meta-analysis. 2016[8]

- Ellis-Smith C, Evans CJ, Bone AE, Henson LA, Dzingina M, Kane PM, Higginson IJ, Daveson BA; BuildCARE. Measures to assess commonly experienced symptoms for people with dementia in long-term care settings: a systematic review. 2016[9]
- Haywood KL, Brett J, Tutton E, Staniszewska S. Patient-reported outcome measures in in older people with hip fracture: a systematic review of quality and acceptability. 2017[10]
- Goodarzi ZS, Mele BS, Roberts DJ, Holroyd-Leduc J. Depression case finding in individuals with dementia: a systematic review and meta-analysis. 2017[11]
- Bock K, Bendstrup E, Hilberg O, Løkke A. Screening tools for evaluation of depression in Chronic Obstructive Pulmonary Disease (COPD): a systematic review. 2017[12]
- Cruz J, Marques A, Machado A, O'Hoski S, Goldstein R, Brooks D. Informal caregiving in COPD: A systematic review of instruments and their measurement properties. 2017[13]
- Kandel H, Khadka J, Lundström M, Goggin M, Pesudovs K. Questionnaires for Measuring Refractive Surgery Outcomes. 2017[14]
- Balsamo M, Cataldi F, Carlucci L, Padulo C, Fairfield B. Assessment of late-life depression via self-report measures: a review. 2018[15]
- González-Roz A, Gaalema DE, Pericot-Valverde I, Elliott RJ, Ades PA. A systematic review of the diagnostic accuracy of depression questionnaires for cardiac populations: implications for cardiac rehabilitation. 2019[16]
- Soobiah C, Tadrous M, Knowles S, Blondal E, Ashoor HM, Ghassemi M, Khan PA, Ho J, Tricco AC, Straus SE. Variability in the validity and reliability of outcome measures identified in a systematic review to assess treatment efficacy of cognitive enhancers for Alzheimer's Dementia. 2019[17]
- Reynaud V, Verdilos A, Pereira B, Boisgard S, Costes F, Coudeyre E. Core Outcome Measurement Instruments for Clinical Trials of Total Knee Arthroplasty: A Systematic Review. 2020[18]
- Maharaj AD, Samoborec S, Evans SM, Zalcberg J, Neale RE, Goldstein D, Merrett N, White K, Croagh D, Pilgrim CHC, Evans P, Knowles B, Leong T, Philip J, Smith M, Ioannou L. Patient-reported outcome measures (PROMs) in pancreatic cancer: a systematic review. 2020[19]
- Krishnamoorthy Y, Rajaa S, Rehman T. Diagnostic accuracy of various forms of geriatric depression scale for screening of depression among older adults: Systematic review and meta-analysis. 2020[20]
- Park SH, Kwak MJ. Performance of the Geriatric Depression Scale-15 with Older Adults Aged over 65 Years: An Updated Review 2000-2019. 2021[21]
- Burgon C, Goldberg SE, van der Wardt V, Brewin C, Harwood RH. Apathy Measures in Older Adults and People with Dementia: A Systematic Review of Measurement Properties Using the COSMIN Methodology. 2021[22]
- Harding AJE, Morbey H, Ahmed F, Opdebeeck C, Elvish R, Leroi I, Williamson PR, Keady J, Reilly ST. A Core Outcome Set for Nonpharmacological Community-Based Interventions for People Living With Dementia at Home: A Systematic Review of Outcome Measurement Instruments. 2021[23]
- Brañez-Condorena A, Soriano-Moreno DR, Navarro-Flores A, Solis-Chimoy B, Diaz-Barrera ME, Taype-Rondan A. Accuracy of the Geriatric Depression Scale (GDS)-4 and GDS-5 for the screening of depression among older adults: A systematic review and meta-analysis. 2021[24]
- Alhasani R, Auger C, Paiva Azevedo M, Ahmed S. Quality of mobility measures among individuals with acquired brain injury: an umbrella review. 2022[25]
- Mele B, Watt J, Wu P, Azeem F, Lew G, Holroyd-Leduc J, Goodarzi Z. Detecting depression in persons living in long-term care: a systematic review and meta-analysis of diagnostic test accuracy studies. 2022[26]
- Victoria MA, Lucio VR, Cristina HD. Patient self-reported instruments for assessing symptoms in rheumatoid arthritis. 2023[27]

- Major G, Bagnall AM, Bhar S, Bryant C, Dow B, Dunt D, Fearn M, Harper R, Leung WY, Mnatzaganian G, O'Bree B, Doyle C. A Scoping Review of the Measurement of Depression in Older Adults with Cognitive Impairment. 2023[28]

6 Hanteerbaarheid / feasibility

- *Taal* → Nederlands[3], Engels[1] en verschillende andere talen.
- *Benodigdheden* → vragenlijst en pen
- *Randvoorwaarden* →
- *Benodigde tijd* → GDS-15: 5-7 minuten; GDS-30: 30 min.
- *Gebruikershandleiding* → nee

7 Normgegevens

Interpretatie →

- Een score hoger dan 10 wordt aangehouden om depressieve klachten te detecteren.[1]
- Yesavage et al. (1983) komen tot de volgende driedeling:[2]
  0-10 = niet depressief
  11-20 = mild depressief
  21-30 = ernstig depressief
- De GDS-15 kan als volgt geïnterpreteerd worden:
  0-4 = niet depressief
  5-10 = mild depressief
  11+ = zeker depressief
- De GDS-15 heeft 4/5 als geadviseerde afkapwaarde voor screening bij Parkinson.[29]

8 Overige gegevens

- Er is ook een GDS ontwikkeld speciaal voor mensen met dementie die GDS-D.[30]
- Er zijn verkorte versies van de GDS-30 en GDS-15 ontwikkeld (items: 4,5,9,10,12).[24,31-35]
- De GDS-30 lijkt even valide afgenomen te kunnen worden fysiek of via de telefoon.[36]
- Je kan de score van de GDS-15 omrekenen naar de GDS-30.[37]

9 Literatuurlijst

1. Brink TL, Yesavage JA, Lum O, Heersema PH, Adey M, Rose TL. Screening tests for geriatric depression. Clinical gerontologist. 1982;1(1):37-43.
2. Yesavage JA, Brink TL, Rose TL, Lum O, Huang V, Adey M, Leirer VO. Development and validation of a geriatric depression screening scale: a preliminary report. J Psychiatr Res. 1982-1983;17(1):37-49.
3. Nederlands Kenniscentrum Ouderenpsychiatrie (NKOP). Meetinstrumenten voor de ouderenpsyciatrie. Beschikbaar via: https://www.trimbos.nl/kennis/ouderenpsychiatrie-nkop/meetinstrumenten-ouderenpsychiatrie/ [Geraadpleegd op: 30 juli 2026]
4. Gitlin LN, Marx KA, Stanley IH, Hansen BR, Van Haitsma KS. Assessing neuropsychiatric symptoms in people with dementia: a systematic review of measures. Int Psychogeriatr. 2014 Nov;26(11):1805-1848.

5. Burton LJ, Tyson S. Screening for mood disorders after stroke: a systematic review of psychometric properties and clinical utility. Psychol Med. 2015 Jan;45(1):29-49.
6. Wakefield CE, Butow PN, Aaronson NA, Hack TF, Hulbert-Williams NJ, Jacobsen PB; International Psycho-Oncology Society Research Committee. Patient-reported depression measures in cancer: a meta-review. Lancet Psychiatry. 2015 Jul;2(7):635-647.
7. Pocklington C, Gilbody S, Manea L, McMillan D. The diagnostic accuracy of brief versions of the Geriatric Depression Scale: a systematic review and meta-analysis. Int J Geriatr Psychiatry. 2016 Aug;31(8):837-857.
8. Goodarzi Z, Mrklas KJ, Roberts DJ, Jette N, Pringsheim T, Holroyd-Leduc J. Detecting depression in Parkinson disease: A systematic review and meta-analysis. Neurology. 2016 Jul 26;87(4):426-437.
9. Ellis-Smith C, Evans CJ, Bone AE, Henson LA, Dzingina M, Kane PM, Higginson IJ, Daveson BA; BuildCARE. Measures to assess commonly experienced symptoms for people with dementia in long-term care settings: a systematic review. BMC Med. 2016 Feb 26;14:38.
10. Haywood KL, Brett J, Tutton E, Staniszewska S. Patient-reported outcome measures in older people with hip fracture: a systematic review of quality and acceptability. Qual Life Res. 2017 Apr;26(4):799-812.
11. Goodarzi ZS, Mele BS, Roberts DJ, Holroyd-Leduc J. Depression Case Finding in Individuals with Dementia: A Systematic Review and Meta-Analysis. J Am Geriatr Soc. 2017 May;65(5):937-948. Erratum in: J Am Geriatr Soc. 2018 Jul;66(7):1441.
12. Bock K, Bendstrup E, Hilberg O, Løkke A. Screening tools for evaluation of depression in Chronic Obstructive Pulmonary Disease (COPD). A systematic review. Eur Clin Respir J. 2017 Jan 1;4(1):1332931.
13. Cruz J, Marques A, Machado A, O'Hoski S, Goldstein R, Brooks D. Informal caregiving in COPD: A systematic review of instruments and their measurement properties. Respir Med. 2017 Jul;128:13-27.
14. Balsamo M, Cataldi F, Carlucci L, Padulo C, Fairfield B. Assessment of late-life depression via self-report measures: a review. Clin Interv Aging. 2018 Oct 16;13:2021-2044.
15. González-Roz A, Gaalema DE, Pericot-Valverde I, Elliott RJ, Ades PA. A Systematic Review of the Diagnostic Accuracy of Depression Questionnaires for Cardiac Populations: IMPLICATIONS FOR CARDIAC REHABILITATION. J Cardiopulm Rehabil Prev. 2019 Nov;39(6):354-364.
16. Reynaud V, Verdilos A, Pereira B, Boisgard S, Costes F, Coudeyre E. Core Outcome Measurement Instruments for Clinical Trials of Total Knee Arthroplasty: A Systematic Review. J Clin Med. 2020 Jul 30;9(8):2439.
17. Soobiah C, Tadrous M, Knowles S, Blondal E, Ashoor HM, Ghassemi M, Khan PA, Ho J, Tricco AC, Straus SE. Variability in the validity and reliability of outcome measures identified in a systematic review to assess treatment efficacy of cognitive enhancers for Alzheimer's Dementia. PLoS One. 2019 Apr 18;14(4):e0215225.
18. Kandel H, Khadka J, Lundström M, Goggin M, Pesudovs K. Questionnaires for Measuring Refractive Surgery Outcomes. J Refract Surg. 2017 Jun 1;33(6):416-424.
19. Maharaj AD, Samoborec S, Evans SM, Zalcberg J, Neale RE, Goldstein D, Merrett N, White K, Croagh D, Pilgrim CHC, Evans P, Knowles B, Leong T, Philip J, Smith M, Ioannou L. Patient-reported outcome measures (PROMs) in pancreatic cancer: a systematic review. HPB (Oxford). 2020 Feb;22(2):187-203.
20. Krishnamoorthy Y, Rajaa S, Rehman T. Diagnostic accuracy of various forms of geriatric depression scale for screening of depression among older adults: Systematic review and meta-analysis. Arch Gerontol Geriatr. 2020 Mar-Apr;87:104002.
21. Park SH, Kwak MJ. Performance of the Geriatric Depression Scale-15 with Older Adults Aged over 65 Years: An Updated Review 2000-2019. Clin Gerontol. 2021 Mar-Apr;44(2):83-96.
22. Burgon C, Goldberg SE, van der Wardt V, Brewin C, Harwood RH. Apathy Measures in Older Adults and People with Dementia: A Systematic Review of Measurement Properties Using the COSMIN Methodology. Dement Geriatr Cogn Disord. 2021;50(2):111-123.

23. Harding AJE, Morbey H, Ahmed F, Opdebeeck C, Elvish R, Leroi I, Williamson PR, Keady J, Reilly ST. A Core Outcome Set for Nonpharmacological Community-Based Interventions for People Living With Dementia at Home: A Systematic Review of Outcome Measurement Instruments. Gerontologist. 2021 Nov 15;61(8):e435-e448.
24. Brañez-Condorena A, Soriano-Moreno DR, Navarro-Flores A, Solis-Chimoy B, Diaz-Barrera ME, Taype-Rondan A. Accuracy of the Geriatric Depression Scale (GDS)-4 and GDS-5 for the screening of depression among older adults: A systematic review and meta-analysis. PLoS One. 2021 Jul 1;16(7):e0253899.
25. Alhasani R, Auger C, Paiva Azevedo M, Ahmed S. Quality of mobility measures among individuals with acquired brain injury: an umbrella review. Qual Life Res. 2022 Sep;31(9):2567-2599.
26. Mele B, Watt J, Wu P, Azeem F, Lew G, Holroyd-Leduc J, Goodarzi Z. Detecting depression in persons living in long-term care: a systematic review and meta-analysis of diagnostic test accuracy studies. Age Ageing. 2022 Mar 1;51(3):afac039.
27. Victoria MA, Lucio VR, Cristina HD. Patient self-reported instruments for assessing symptoms in rheumatoid arthritis. Rheumatol Int. 2023 Oct;43(10):1781-1790.
28. Major G, Bagnall AM, Bhar S, Bryant C, Dow B, Dunt D, Fearn M, Harper R, Leung WY, Mnatzaganian G, O'Bree B, Doyle C. A Scoping Review of the Measurement of Depression in Older Adults with Cognitive Impairment. Clin Gerontol. 2023 Jul-Sep;46(4):498-510.
29. Timmer M, Tendolkar I, Esselink R. Depressie bij de ziekte van Parkinson: de huidige stand van zaken. Tijdschrift voor Neuropsychiatrie en Gedragsneurologie. 2014 Dec;2(4):100-109.
30. Flavell J, Roberts K, Morris PLP, Mosley PE, Ahern EGM, Logan B, Adam RJ, McElligott CAT, Shaw TB, Nestor PJ. A preliminary investigation of a Geriatric Depression Scale, Dementia version (GDS-D). J Affect Disord. 2026 Apr 15;399:121056.
31. Renn BN, Cross CL, Zaman I, Singsank KT, Cobos K, John SE. Differential item functioning of the Geriatric Depression Scale-short form in the NACC dataset. Alzheimers Dement. 2026 Feb;22(2):e71114.
32. Han JW, Oh DJ, Kim TH, Kwak KP, Kim BJ, Kim SG, Kim JL, Moon SW, Park JH, Ryu SH, Youn JC, Lee DY, Lee DW, Lee SB, Lee JJ, Jhoo JH, Kim KW. Revisiting the Geriatric Depression Scale: An IRT-Based 10-Item Screen Outperforms the GDS-15 in Diagnostic Accuracy and Efficiency. J Clin Med. 2026 Jan 7;15(2):473.
33. Wang F, Zhang J, Zhang Z, Li X. Development of a short form of the Geriatric Depression Scale-30 based on item response theory and the RiskSLIM algorithm. Gen Hosp Psychiatry. 2025 Jan-Feb;92:84-92.
34. Sacuiu S, Seidu NM, Sigström R, Rydberg Sterner T, Johansson L, Wiktorsson S, Waern M. Accuracy of 12 short versions of the Geriatric Depression Scale to detect depression in a prospective study of a high-risk population with different levels of cognition. Int Psychogeriatr. 2022 May;34(5):479-488.
35. Lafont C, Chah Wakilian A, Lemogne C, Gouraud C, Fossey-Diaz V, Orvoen G, Lhuillier N, Paillaud E, Bastuji-Garin S, Zebachi S, Hanon O, Goldwasser F, Boudou-Rouquette P, Canouï-Poitrine F. Diagnostic Performance of the 4-Item Geriatric Depression Scale for Depression Screening in Older Patients with Cancer: The ELCAPA Cohort Study. Oncologist. 2021 Jun;26(6):e983-e991.
36. Sozański B, Ćwirlej-Sozańska AB, Wiśniowska-Szurlej A, Wilmowska-Pietruszyńska A, Spalek R, de Sire A. Geriatric Depression Scale - 30 assessments: face-to-face or telephone interviews for older people - a randomized crossover study. Ann Agric Environ Med. 2024 Mar 25;31(1):72-77.
37. Zhang Y, Hoozemans M, Pijnappels M, Bruijn SM. A formula for calculating 30-item Geriatric Depression Scale (GDS-30) scores from the 15-item version (GDS-15). Exp Gerontol. 2023 Feb;172:112077.