

## Folstein Mini-Mental State Exam

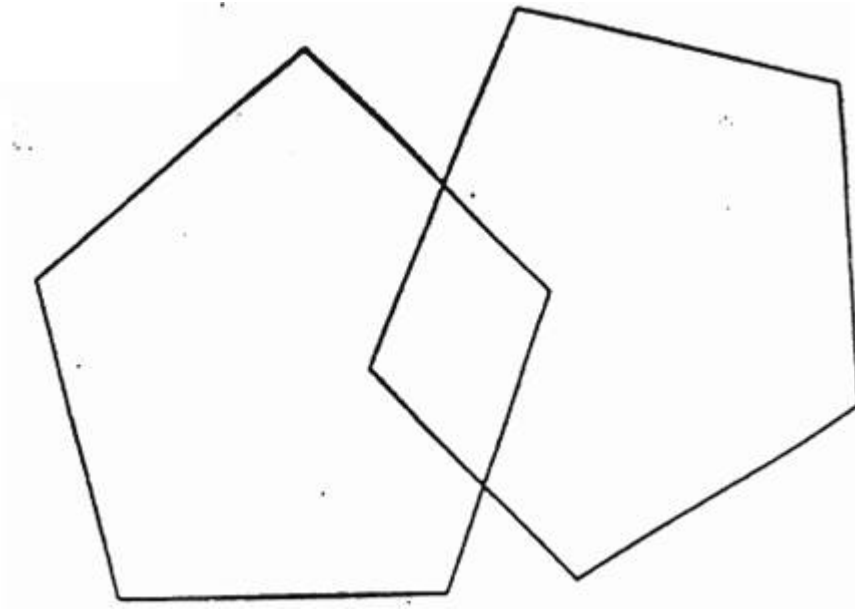
<b>I. ORIENTATION</b> (Ask the following questions; correct = <input checked="" type="checkbox"/> )		
<b>Record Each Answer:</b>		(Maximum Score = 10)
What is today's date?	Date (eg, May 21)	1 <input type="checkbox"/>
What is today's year?	Year	1 <input type="checkbox"/>
What is the month?	Month	1 <input type="checkbox"/>
What day is today?	Day (eg, Monday)	1 <input type="checkbox"/>
Can you also tell me what season it is?	Season	1 <input type="checkbox"/>
Can you also tell me the name of this hospital/clinic?	Hospital/Clinic	1 <input type="checkbox"/>
What floor are we on?	Floor	1 <input type="checkbox"/>
What city are we in?	City	1 <input type="checkbox"/>
What county are we in?	County	1 <input type="checkbox"/>
What state are we in?	State	1 <input type="checkbox"/>
<b>II. IMMEDIATE RECALL</b>		
	(correct = <input checked="" type="checkbox"/> )	(Maximum Score = 3)
Ask the subject if you may test his/her memory. Say "ball," "flag," "tree" clearly and slowly, about on second for each. Then ask the subject to repeat them. Check the box at right for each correct response. The first repetition determines the score. If he/she does not repeat all three correctly, keep saying them up to six tries until he/she can repeat them	Ball	1 <input type="checkbox"/>
	Flag	1 <input type="checkbox"/>
	Tree	1 <input type="checkbox"/>
		NUMBER OF TRIALS: _____
<b>III. ATTENTION AND CALCULATION</b>		
<b>A. Counting Backwards Test</b>	(Record each response, correct = <input checked="" type="checkbox"/> )	(Maximum Score = 5)
Ask the subject to begin with 100 and count backwards by 7. Record each response. Check one box at right for each correct response. Any response 7 or less than the previous response is a correct response. The score is the number of correct subtractions. For example, 93, 86, 80, 72, 65 is a score of 4; 93, 86, 78, 70, 62, is 2; 92, 87, 78, 70, 65 is 0.	93	1 <input type="checkbox"/>
	86	1 <input type="checkbox"/>
	79	1 <input type="checkbox"/>
	72	1 <input type="checkbox"/>
	65	1 <input type="checkbox"/>
<b>B. Spelling Backwards Test</b>		
Ask the subject to spell the word "WORLD" backwards. Record each response. Use the instructions to determine which are correct responses, and check one box at right for each correct response.	D	1 <input type="checkbox"/>
	L	1 <input type="checkbox"/>
	R	1 <input type="checkbox"/>
<b>C. Final Score</b>	O	1 <input type="checkbox"/>
Compare the scores of the Counting Backwards and Spelling Backwards tests. Write the greater of the two scores in the box labeled FINAL SCORE at right, and use it in deriving the TOTAL SCORE.	W	1 <input type="checkbox"/>
		<b>FINAL SCORE</b> _____ (Max of 5 or Greater of the two Scores)
<b>IV. RECALL</b>		
	(correct = <input checked="" type="checkbox"/> )	(Maximum Score = 3)
Ask the subject to recall the three words you previously asked him/her to remember. Check the Box at right for each correct response.	Ball	1 <input type="checkbox"/>
	Flag	1 <input type="checkbox"/>
	Tree	1 <input type="checkbox"/>
<b>V. Language</b>		
	(correct = <input checked="" type="checkbox"/> )	(Maximum Score = 9)
<b>Naming</b>	Watch	1 <input type="checkbox"/>

Show the subject a wrist watch and ask him/her what it is. Repeat for a pencil.	Pencil	1 <input type="checkbox"/>
<b>Repetition</b>		
Ask the subject to repeat "No, ifs, ands, or buts."	Repetition	1 <input type="checkbox"/>
<b>Three -Stage Command</b>		
Establish the subject's dominant hand. Give the subject a sheet of blank paper and say, "Take the paper in your right/left hand, fold it in half and put it on the floor."	Takes paper in hand	1 <input type="checkbox"/>
	Folds paper in half	1 <input type="checkbox"/>
	Puts paper on floor	1 <input type="checkbox"/>
<b>Reading</b>		
Hold up the card that reads, "Close your eyes." So the subject can see it clearly. Ask him/her to read it and do what it says. Check the box at right only if he/she actually closes his/her eyes.	Closes eyes	1 <input type="checkbox"/>
<b>Writing</b>		
Give the subject a sheet of blank paper and ask him/her to write a sentence. It is to be written spontaneously. If the sentence contains a subject and a verb, and is sensible, check the box at right. Correct grammar and punctuation are not necessary.	Writes sentence	1 <input type="checkbox"/>
<b>Copying</b>		
Show the subject the drawing of the intersecting pentagons. Ask him/her to draw the pentagons (about one inch each side) on the paper provided. If ten angles are present and two intersect, check the box at right. Ignore tremor and rotation.	Copies pentagons	1 <input type="checkbox"/>
<b>DERIVING THE TOTAL SCORE</b>		
Add the number of correct responses. The maximum is 30.	TOTAL SCORE _____	
23-30 = Normal / 19-23 = Borderline / <19 = Impaired	Up to Grade 8 Level	

Folstein MF, Folstein SE, and McHugh PR, 1975

## CLOSE YOUR EYES

Write a Sentence:



Draw:

**(Draw Intersecting pentagons on the back of this page  
before testing subject)**

Adolf Meyer developed the mental status exam in 1918. He felt that it was important to ask the same questions of every patient so that a certain standard could be achieved. The mental status exam describes various mental functions that include speech, behavior, affect, mood, mental content, orientation, memory, intellect, judgment and insight. To simplify the mental status, you can look at it as a combination of things that you observe and things that you ask in addition to the structured Folstein Mini Mental Status Exam (MMSE).

In addition to the MMSE, the following aspects of mental status should be observed. Note the appropriateness of the patient's attire, his/her eye contact and the amount and quality of their physical movements. A depressed patient gestures little, referred to as psychomotor retardation. A manic patient may be psychomotor agitated, unable to sit still. The amount, rate, tone and orderliness of the patient's speech are observed. Speech that makes no sense is referred to as looseness of associations and is characteristic of psychosis. Affect, the patient's facial expressions, are categorized on a scale from flat (depressed) to normal variable to labile (manic). Level of consciousness is also observed.

Cognitive questions focusing on orientation, memory, concentration and general information are part of the MMSE. Areas for exploration also include psychosis, which is impaired reality testing characterized by the presence of hallucinations, delusions, or loose associations. Hallucinations are sensory misperceptions and delusions are fixed, false beliefs. The patient is asked if s/he has any special talents or powers? Is s/he afraid that someone is out to hurt them? Does s/he see or hear things that others do not? The patient's mood is determined simply by asking the patient how s/he would describe their mood lately?

The most important aspect of the mental status exam involves dangerousness, suicidality. Some health care providers may be sued for failing to investigate this issue. One can usually ask the patient if they are feeling so down that they are thinking of ending their life? If suicidal ideation is present, then suicidal plans, access to weapons and suicidal intent must be documented. The same holds true for homicidal ideation, plans and intent.

Finally, the level of the patient's anxiety and depression are explored. Vegetative signs and symptoms for panic attacks and endogenous depression are reviewed. Obsessions, recurrent thoughts that are usually contamination fears, and compulsions, ritualized behaviors like handwashing, checking or counting, are investigated.