

# Mental Status Exam Form

## Client

## Date

## Ethnicity

## Apparent Age

- younger
- stated age
- older

## Handedness

- Right
- Left

## Sex

- male
- female

## Build

- average
- thin
- underweight
- petite
- healthy
- stocky

## Stature

- below average
- average
- above average

## Coordination and Gait

- no difficulties
- used a cane
- some anxiousness and restlessness
- awkward
- some clumsiness
- staggered
- shuffling

## Grooming

- good
- satisfactory
- neglected
- adequate
- poor

## Dress

- casual
- stylish
- ok for work
- ok for weather
- ok for age
- dirty

## Interpersonal Style

- congenial
- engaging
- guarded
- hostile
- open/candid
- somewhat shy
- patient/cooperative
- open and motivated
- friendly/polite
- relaxed/unconcerned
- quiet/withdrawn
- cautious/defensive
- distant/disengaged
- irritable/guarded
- annoyed/irritable

## Repeated Questioning

- yes
- no

## Approach

- cooperative
- dependent
- conscientious
- motivated/focused
- unconcerned
- apathetic/careless
- passive/unassertive
- resistant and defensive
- negativistic/critical
- careless and sloppy
- hurried
- needed minor/considerable reinforcement and soothing
- lethargic
- uncertain/somewhat anxious/declined to guess
- interested/thoughtful
- compliant but poorly motivated

## Speech

- understandable/clear
- fluent/easy to understand
- coherent/meaningful
- clear/logical
- normal rate/volume
- variable rate but clear
- appeared thoughtful
- used a loud voice
- abundant/excessive
- animated/confident
- overly friendly
- mumbled
- simple/soft-spoken
- difficulty finding words
- stuttering
- poor articulation
- included profanity
- pressured/fast-paced
- critical/sarcastic
- slurred/hard to understand
- catch phrases and cliches
- impoverished w/ little detail

## Eye Contact

- good
- normal
- fleeting
- avoided
- brief contact quickly broken

## Conversation

- could initiate and hold
- no difficulties
- unwilling to engage
- difficulty finding words
- hesitant
- unable/able to comprehend questions
- use of odd or bizarre words
- note if English is not primary language, comment on command

### Recall of Personal Hx

- no difficulty
- some difficulty
- honestly
- some reluctance

### Recent Past

- adequate detail
- sparse detail
- normal level of detail
- avoided certain topics

### Recall Of 3 Words

(like Cadillac, Purple, and Zebra)

3                      2                      1                      0

### Prompting Helped

- yes
- no

### Examiner's Name

- remembered
- forgot

### Certainty of Information

- probably true
- veracity is doubtful

### Alert/Oriented

- alert and oriented
- distracted
- no distractibility
- high distractible
- basically oriented
- no impairment
- imperfect
- tired/from working late

### Communications

- coherent
- clear/understandable
- lacking in needed detail
- confusing
- reluctant and hesitant
- overly detailed and difficult to follow

### Relevance

- clear and appropriate
- on-topic
- irrelevant/inappropriate
- off-topic
- relevant
- tangential/unrelated

### Thought Processes

- organized
- concrete/simplistic
- strained/illogical
- clear/understandable
- no loose associations
- preoccupations
- perseverative
- poorly organized/difficult to follow most of time
- some disorganized reasoning
- confusing/difficult to follow
- suspiciousness or paranoid reasoning
- no pressured speech or obsessive thoughts
- no difficulty explaining thoughts and finding words
- no indications of a formal thought disorder

### Hallucination and Delusions

- no history
- some history
- no history except associated with drugs
- no history, but some evidence

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### Attention and Concentration

(Serial 3s or 7s, "WORLD", days or months backwards)

- satisfactory
- adequate or sufficient
- variable, likely due to apparent depression
- no sig impairment
- mildly deficient
- poor
- distractible
- adequate
- adequate, with occasional distractions
- mild to mod impairment

### Motivation

- poor motivation
- inconsistent
- did not improve
- easily weakened

### sample proverbs

- A rolling stone gathers no moss
- In the land of the blind, the one-eyed person is king
- All that glitters is not gold
- Don't count your chicken before they hatch
- Don't put all your eggs in one basket
- Strike while the iron is hot
- Rome wasn't built in a day
- When the cat's away the mice will play
- A stitch in time saves nine
- You can dress a monkey in silk but it's still a monkey ("Aunque la mona se vista in seda...")

### sample sayings

- What would I mean if I said I were feeling blue? seeing red? I had a chip on my shoulder? or was hot under the collar?

### sample duplicate definitions

- left, bit, right

## Judgment and Intellectual Ability

- good, able to anticipate outcomes
- adequate, able to use feedback to learn from mistakes
- fair, able to learn from some experiences
- poor, difficulty predicting results of choices
- roughly average, above average, or below average
- based on ?s like "name last four presidents," "who is the governor of the state," "what is the capitol of the state," "what direction does the sun set" ...

## Abstraction

- poor, adequate, good, based on proverbs and sayings, similarities, and duplicate definitions for words

## Memory

- reported problems
- could/could not recall plot of favorite movie or book logically
- denied problems
- difficult to understand line of reasoning

## Mood and Affect

(Climate and Weather)

- calm and composed
- reserved
- seemed depressed
- irritated
- somewhat agitated
- anxious
- bored and disinterested
- upbeat and elevated
- generally relaxed/untroubled
- initially calm, but became...

## Expressions

- ir/relevant
- in/appropriate
- normal
- flat
- somewhat subdued
- labile
- consistently happy
- consistent w/ reported mood

## Apparent Emotions

- annoyed
- calm
- resentful
- anxious
- agitated
- defeated
- shameful
- defended
- unfairly treated

## Facial and Emotional Expressions

- relaxed
- tense
- smiled
- laughed
- became insulting
- yelled
- happy
- sad
- alert
- day-dreamy
- angry
- smiling
- distrustful/suspicious
- tearful when discussing such and such

## Displays of Inappropriate Affect

- yes
- no

## Suicidal/Homicidal Thoughts

- denied
- denied, but noted...
- reported

## Response To Failures

- unconcerned by
- unaware of
- demoralized by
- able to recover after
- frustrated over
- satisfied to accept
- annoyed by
- distressed by
- unmotivated to improve after

## Response To Rapport

- easy
- easy after anxiety decreased
- tenuous
- difficult
- easy then difficult
- easily upset

## Audio Comment

- audio-taped administration
- depressed and poor concentration
- poor comprehension
- poor motivation
- skipped some questionnaires
- questions read by examiner; answers taken by dictation