

Mini-Mental State Examination

Overview:

The Mini-Mental examination can be used to assess a person's mental state. It is intended to be given quickly (usually less than 10 minutes) and easily, which is useful in patients with only limited spans of attention or cooperation. It can be used over time to assess changes in status with recovery, further deterioration, or treatment interventions.

Limitations (whence termed "mini"): The test only concentrates on cognitive aspects of mental functions.

The test does not concern mood, abnormal mental experiences or the form of thinking.

Instructions: Take as much time as needed. Patients with impaired vision or disabilities may require allowances for physical debilities.

Parameter	Item	Points
Orientation	What is the year?	1
	What is the season?	1
	What is the date?	1
	What is the day (of the week)?	1
	What is the month?	1
	What state are we in?	1
	What county are we in?	1
	What town or city are we in?	1
	What building are we in?	1
	Which street or floor are we on?	1
Registration	Name 3 objects slowly and carefully, then ask the patient for all 3 items, giving 1 point for each correct item named. Then repeat the items until the patient knows all 3.	3
Attention and Calculation	Serial 7's, from 7 to 35, giving 1 point for each correct. (Alternative: spell "world" backwards, with 1 point for each correct letter.)	5
Recall	Ask for names of the 3 objects repeated above, giving 1 point for each correct.	3
Language	Ask the patient to identify a pencil.	1
	Ask the patient to identify a watch.	1
	Ask the patient to repeat the phrase "No ifs, ands or buts."	1
	Ask the patient to follow the 3-stage command: "Take a paper in your right hand, fold it in half, and put it on the floor."	3
	Read and obey: "Close your eyes."	1
	Read and obey: "Write a sentence."	1
	Read and obey: "Copy this simple design." (of two overlapping pentagons). To score the point, all 10 angles must be present and the two items must partially overlap.	1

Mini-mental score = (orientation points) + (registration points) + (attention and calculation points) + (recall points) + (language points)

Interpretation: minimum score: 0; maximum score: 30.

Mean score for normal individuals: 27.6

Mean score in dementia: 9.7

Further evaluation is warranted in the elderly if score is < 24.

References:

Folstein MF, Folstein SE, McHugh PR. "Mini-mental State": A practical method for grading the cognitive state of patients for the clinician. J Psychiat Res. 1975; 12: 189-198.

Lachs MS, Feinstein AR, et al. A simple procedure for general screening of functional disability in elderly patients. Ann Intern Med. 1990; 112: 699-706.

McDowell I, Newell C. Measuring Health - A Guide to Rating Scales and Questionnaires, Second Edition. Oxford University Press. 1996. pages 314-323