

# Mini-Mental State Examination

Everyone is forgetful now and again. Most people who have mild forgetfulness do not have Alzheimer's disease. But when memory loss starts to interfere with daily activities, it is time to consult with a physician to determine the cause for the problem.

Alzheimer's disease is not a product of the natural aging process. Scientists do not know what causes the disease; however, age is a factor in the percentages of those who have the disease. The disease usually begins after age 60 and the risk goes up with the increase in age. Approximately 5 million Americans currently suffer from Alzheimer's disease.

If Alzheimer's disease is suspected, a thorough assessment is recommended. Tools like the MMSE are beneficial in determining mental status.

## Mini-Mental State Examination

The Mini-Mental State Examination (MMSE) is a tool that can be used to systematically and thoroughly assess mental status. It is an 11-question measure that tests five areas of cognitive function: orientation, registration, attention and calculation, recall, and language.

The maximum score is 30. A score of 23 or lower is indicative of cognitive impairment. The MMSE takes only 5–10 minutes to administer and is therefore practical to use repeatedly and routinely.

You may initiate this exam by stating the following: "The next few questions are ones that some people find difficult and some people find easy to answer. We ask them of everyone, so I hope you will bear with me."

Note: Give no clues or prompts.

Orientation to Time:	Score	Points
1. What is the _____: Year?	_____	0–1
Month?	_____	0–1
Date?	_____	0–1
Day?	_____	0–1
Season?	_____	0–1
Orientation to Place:		
2. Where are we now: County or (home zip code)?	_____	0–1
State?	_____	0–1
Town or city?	_____	0–1
This place?	_____	0–1
Room?	_____	0–1



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**New Learning/Registration:**

3. Name these three unrelated objects: **BALL, CUP, MIRROR.** Take one second to say each. Tell the client to try to remember these objects because you are going to ask the client to recall them later on. Then ask the client to repeat all three after you have said them. The first trial determines the score. Give 1 point for each correct answer. Repeat the answers until the patient learns all 3, up to a maximum of 6 trials. \_\_\_\_\_ 0-3  
 (Record # of trials: \_\_\_\_\_)

**Note: Give no clues or prompts.**

**Attention and Concentration:**

- |  | <b>Score</b> | <b>Points</b> |
|--|--------------|---------------|
| 4. Ask the client to spell <b>WORLD</b> backwards.<br>Score one point for each letter in the correct position<br><i>(Alternate when exam is administered in Russian: Ask client to spell the Russian word for BOOK backwards.)</i> | _____        | 0-5           |
| D L R O W  |              |               |
| Alternate if client states he or she cannot or will not spell WORLD backwards: Ask the client to count backwards from 100 by 7. Give one point for each correct answer. Stop after 5 answers.                                      | _____        | 0-5           |
| 93 86 79 72 65   |              |               |

**Recall:**

5. Ask for the names of the 3 objects learned in Question 3. \_\_\_\_\_ 0-3

**Naming:**

6. Point to a pencil and a watch. Have the client name them as you point. Score one point for each correct answer. \_\_\_\_\_ 0-2

**Repetition / Aphasia:**

7. Have the client repeat: "No ifs, ands, or buts." Allow only one trial. \_\_\_\_\_ 0-1

**Comprehension / Apraxia:**

8. Have the client follow a 3-stage command. The following instructions should be given: Please listen to the instructions that I am going to give you. Then I want you to follow the instructions. "Take the paper in your right hand. Fold the paper in half. Put the paper on the floor." \_\_\_\_\_ 0-3

**Read and Follow Instructions:**

9. Have the client read and follow the command: "Close your eyes." (See attached.) \_\_\_\_\_ 0-1

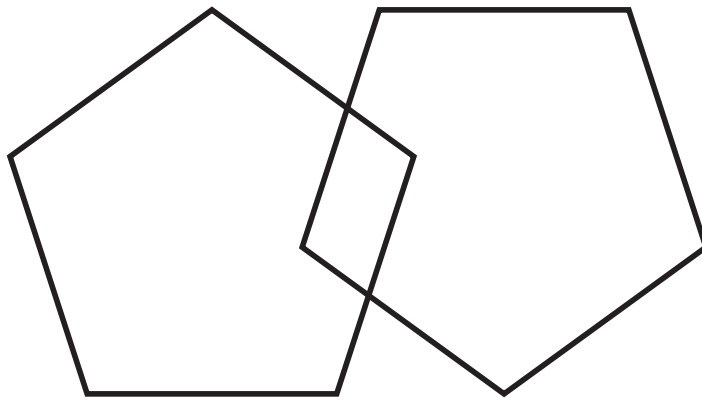
**Ability to Write and Comprehend:**

10. Ask the client to write a complete sentence of his or her own choice in the space provided on the attached page. The sentence must have a subject and verb and make sense. It doesn't need to have punctuation, the correct verb tense, or correct spelling. \_\_\_\_\_ 0-1

**Spatial Reasoning / Visual-Spatial Skills:**

11. Show the client the diagram on the following page. Ask the client to reproduce the diagram beneath the one that appears there. To be considered correct, the diagram must have 2 figures, each with 5 connecting sides. The two figures must have one intersecting angle, (not necessarily the same intersecting angle depicted in the original). \_\_\_\_\_ 0-1

**TOTAL SCORE** . . . . . \_\_\_\_\_ **30**



**Close your eyes.**