

MENTAL STATE EXAMINATION

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THE MENTAL STATUS EXAMINATION(MSE):

MSE is a cross-sectional, systemic documentation of the quality of mental functioning at the time of interview.

It serves as a baseline for future comparison and to follow the progress of the patient.

OUTLINES OF MSE:

- **A**ppearance , **B**ehavior & Attitude (**C**ooperativeness).

- **S**peech.

- **M**ood & **A**ffect.

- **T**houghts.

- **P**erceptions.

- **C**ognitive functions:

Consciousness level.

Orientation(time, place, person).

Attention.

Concentration.

Memory.

Language and reading.

Abstract thinking.

- **J**udgment & **I**nsight

MSE :

Appearance:

include body build, self-care, clothes ,grooming, hair, nails, facial expressions, and any unusual features (e.g. weight loss).

Behavior:

level of activity, posture, eye to eye contact and unusual movements (tics, grimacing, tremor, disinhibited behavior, hallucinatory gestures,...etc)

Attitude:

the patient's attitude(verbal& non verbal) during the interview (interested, bored, cooperative, uncooperative, sarcastic, guarded or aggressive).



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MSE:

Speech:

- Listen to and describe how the patient speaks, noting:
 - **Coherence.**
 - **Relevance.**
 - **Spontaneity.**
 - **Volume & Tone.**
- Speech impairments (stuttering, dysarthria...)

MSE:

Mood :

Euthymic ,depressed , elated ,and irritable

Affect :

Appropriate ,inappropriate Restricted , blunted ,flat and Labile



ANGER



FEAR



SURPRISE



SADNESS



JOY



DISGUST

Mood

The long term feeling state through which all experience are filtered.

Last days to weeks.

Changes spontaneously, not related to internal or external stimuli.

Symptom (**ask patient**)

Affect

the visible and audible manifestations of the patients emotional response to external and internal events .

Momentary , seconds to hours.

Changes according to internal & external stimuli, observed by others (**sign**) (Current emotional state)

MSE:

THOUGHT Forms (process)

the way in which a person puts together ideas and associations.

Examples:

goal-directed thinking

Loosening of associations or derailment

Flight of ideas

Tangentiality

Circumstantiality

Word salad or incoherence

Neologisms

Clang associations (rhyming)

Punning(double meaning)

Thought blocking

THOUGHT contents

what a person is actually thinking about.

Examples:

Delusions

Preoccupations

Obsessions and compulsions

Phobias

Suicidal or homicidal ideas

Ideas of reference and influence

Poverty of content

MSE:

Perception:

perceptual disturbances may be experienced in reference to the self or the environment.

Assess :

Which sensory system (e.g. auditory, visual..etc.)

Type:

*hallucinations, illusions

*third person hallucinations Vs second person hallucinations).

The circumstances (timing) of the occurrence of any hallucinatory experience

Ask the patient about his reaction to hallucinations.

MSE:

Abstract Thinking:

- It is the ability to deal with concepts and to make appropriate inference.

It can be tested by :

- **Similarities:** ask the patient to tell you the similarity between 2 things (e.g. car and train), and the difference between 2 things (e.g. book and notebook).

- **Proverbs:** ask the patient to interpret one or two proverbs (e.g. people in glass houses should not throw stones) the patient may give a concrete answer (e.g. stones will break the glass).

MSE:

Visuospatial Ability: (When brain pathology is suspected)

Ask the patient to copy a figure such as interlocking pentagons.

Language and Reading: (When brain pathology is suspected)

Nominal aphasia: name two objects (e.g. a pen and a watch).

Expressive aphasia: repeat after you certain words.

Receptive aphasia: carry out a verbal command.

The Mini-Mental State Exam

Patient _____ Examiner _____ Date _____

Maximum Score

5 ()

Orientation

What is the (year) (season) (date) (day) (month)?

5 ()

Where are we (state) (country) (town) (hospital) (floor)?

3 ()

Registration

Name 3 objects: 1 second to say each. Then ask the patient all 3 after you have said them. Give 1 point for each correct answer. Then repeat them until he/she learns all 3. Count trials and record.
Trials _____

5 ()

Attention and Calculation

Serial 7's. 1 point for each correct answer. Stop after 5 answers.
Alternatively spell "world" backward.

3 ()

Recall

Ask for the 3 objects repeated above. Give 1 point for each correct answer.

2 ()

Language

Name a pencil and watch.

1 ()

Repeat the following "No ifs, ands, or buts"

3 ()

Follow a 3-stage command:

"Take a paper in your hand, fold it in half, and put it on the floor."

1 ()

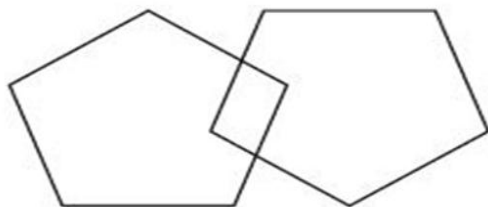
Read and obey the following: CLOSE YOUR EYES

1 ()

Write a sentence.

1 ()

Copy the design shown.



Total Score

ASSESS level of consciousness along a continuum _____

Alert Drowsy Stupor Coma

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THANK YOU