# Mental status exam checklist and full form

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## MENTAL STATUS EXAM CHECKLIST

Client _____

Date and time _____

Clinician _____

Setting _____

Source of information: [ ] client [ ] family or carer [ ] records

## BRIEF CHECK (about five minutes)

Appearance: [ ] well kept [ ] disheveled [ ] unusual dress [ ] other

Behavior: [ ] calm [ ] restless [ ] slowed [ ] guarded [ ] agitated

Eye contact: [ ] good [ ] fair [ ] poor

Speech: [ ] normal [ ] fast [ ] slow [ ] quiet [ ] loud [ ] pressured

Mood, in the client's words:

Affect: [ ] full [ ] restricted [ ] blunted [ ] flat [ ] labile

Affect fits mood and topic: [ ] yes [ ] no

Thought process: [ ] linear [ ] circumstantial [ ] tangential [ ] disorganized

Thoughts of harming self or others: [ ] asked Answer:

Unusual experiences (voices, visions): [ ] asked Answer:

Alert and oriented to: [ ] person [ ] place [ ] time [ ] situation

Insight: [ ] good [ ] fair [ ] limited [ ] poor

Judgment: [ ] good [ ] fair [ ] limited [ ] poor

## FULL EXAM: APPEARANCE AND BEHAVIOR

Apparent age, dress, grooming, hygiene:

Posture and movement (tremor, restlessness, slowing, unusual movements):

Eye contact and rapport:

Attitude toward the interviewer: [ ] cooperative [ ] guarded [ ] hostile [ ] withdrawn

## FULL EXAM: SPEECH

Rate, volume, tone and amount:

Fluency (hesitant, slurred, stuttering, long pauses):

Language and word finding:

## FULL EXAM: MOOD AND AFFECT

Mood, quoted:

Affect: range, intensity, stability:

Congruence with mood and with the topic:

Rating if scale used (for example 0 to 10):

## FULL EXAM: THOUGHT PROCESS AND CONTENT

Process (example: linear, circumstantial, tangential, flight of ideas, blocking):

Preoccupations, worries, obsessions:

Delusions (type, and how fixed):

Suicidal thoughts: [ ] asked Answer, plan, intent, protective factors:

Thoughts of harming others: [ ] asked Answer:

## FULL EXAM: PERCEPTION

Hallucinations (type, content, any command voices):

Illusions, depersonalization, derealization:

Appears to respond to unseen stimuli: [ ] yes [ ] no

## FULL EXAM: COGNITION

Level of alertness:

Orientation to person, place, time, situation:

Attention (for example spell a word backwards, count back from 100 by sevens):

Memory: registration, short-term recall (three words after a few minutes), long-term (personal history):

Abstract thinking (for example meaning of a familiar proverb):

General knowledge and estimated intelligence:

## FULL EXAM: INSIGHT AND JUDGMENT

Insight (awareness of the problem and the need for help), with evidence:

Judgment (recent decisions, response to a "what would you do if" question), with evidence:

## SUMMARY

Main findings in two lines:

Risk noted and action taken:

Signature and credentials:


Educational template, not medical or legal advice. Follow your employer and regulator rules.