

# IN A NUTSHELL

The knowledge platform for general practitioners

## Mini-Mental State Exam

The «Mini-Mental State Exam» (MMSE) was first published in 1975 by Folstein et al. [1] and is used for early detection and monitoring of dementia. The test examines memory, registration, attention, and language. As a further screening test, the [Clock Drawing Test](#) can be performed.

### Implementation

1. Print out the template ([link to template as PDF](#)) for the questions 17 to 20. The blank sheet is for question 17.
2. Ask the questions exactly as they are written down.

### Memory

«I am going to ask you some questions. Some are simple, some are more difficult.»

- 1) «What year is it?»  
☐ Incorrect   ☐ Correct (+1)
- 2) «What season is it?»  
☐ Incorrect   ☐ Correct (+1)
- 3) «What is the day of the month?»  
☐ Incorrect   ☐ Correct (+1)
- 4) «What is the day of the week?»  
☐ Incorrect   ☐ Correct (+1)
- 5) «Which month is it?»  
☐ Incorrect   ☐ Correct (+1)
- 6) «In which country are we?»  
☐ Incorrect   ☐ Correct (+1)
- 7) «In which canton are we?»  
☐ Incorrect   ☐ Correct (+1)
- 8) «In which town are we?»  
☐ Incorrect   ☐ Correct (+1)
- 9) «In which institution are we?»  
☐ Incorrect   ☐ Correct (+1)
- 10) «On which floor are we?»  
☐ Incorrect   ☐ Correct (+1)

### Registration

- 11) «I will tell you 3 objects. Please repeat all the objects after I say them and remember the objects.  
 Lemon – Key – Ball»

Each correctly repeated object scores one point. Repeat the objects until they are learned.

- ☐ Lemon (+1)
- ☐ Key (+1)
- ☐ Ball (+1)

### **Attention and Calculation**

12) «From 100, subtract 7 at a time and tell me the intermediate result.»

- ☐ 93 (+1)
- ☐ 86 (+1)
- ☐ 79 (+1)
- ☐ 72 (+1)
- ☐ 65 (+1)

### **Recall**

13) «What were the 3 objects that you remembered beforehand?»

- ☐ Lemon (+1)
- ☐ Key (+1)
- ☐ Ball (+1)

### **Language**

14) Point to a pencil/pen and ask: «**What is this?**»

- ☐ Incorrect
- ☐ Correct (+1)

15) Point to a wristwatch and ask: «**What is this?**»

- ☐ Incorrect
- ☐ Correct (+1)

16) «**Repeat after me: No ifs, ands, or buts.**»

- ☐ Incorrect
- ☐ Correct (+1)

17) «I will give you a blank sheet of paper. Take it with your right hand, fold it in half and place it on the floor.»

- ☐ taken with the right hand (+1)
- ☐ folded in the middle (+1)
- ☐ laid on the floor (+1)

18) Show the printed template and say: «**Please read and execute what is written on the sheet.**»

- ☐ Incorrect
- ☐ Correct (+1)

19) Show the lines on the printed template and say: «**Please write any complete sentence on this sheet.**»

- ☐ Incorrect
- ☐ Correct (+1)

20) Show the figure on the printed template and say: «**Please draw this figure next to it.**»

There must be 10 angles and 2 intersections.

- ☐ Incorrect
- ☐ Correct (+1)

**Mini-Mental Status:**

### **Interpretation**

**Points    Assessment**

? 27    Test normal

**Recommendation**

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Points	Assessment	Recommendation
? 26	Test pathological	Further investigation of dementia recommended.

**References**

1. Folstein MF, Folstein SE, McHugh PR. "Mini-mental state". A practical method for grading the cognitive state of patients for the clinician. J Psychiatr Res 1975; 12: 189-198
2. Memory Clinic Basel. (2005) Memory Clinic. Mini-Mental Status und Uhrentest: Manual zur Durchführung und Auswertung. Abgerufen von <https://www.memoryclinic.ch>