**Additional Items to Assess on the Mini Mental Status Exam**

**Appearance:** What you see

Build; posture, dress, grooming, prominent physical abnormalities

Level of alertness

Attitude toward examiner

**Behavior:** How the person presents to you

Eye contact: good, poor

Psychomotor Activity: You may see psychomotor agitation which shows restlessness and movements show no purpose, pacing, tapping fingers, rapid talking

Psychomotor Retardation: reduced physical movement and little speech

**Insight:** Awareness of illness; is the person aware they have a mental health condition that requires treatment

How is the program at Founders helping you?

Do you know your diagnosis?

Do you know what the symptoms are of your mental health condition? If yes – what are they?

Why are you at Founders House of Hope?

What usually leads you to relapse or be hospitalized?

**Judgment:** ability to anticipate consequences of one’s behavior and make decisions to safeguard the well being of you and others

If you found a stamped, addressed envelope on the sidewalk, what would you do with it?

If you saw smoke coming from under a garage door in the neighborhood, what would you do?

**Mood:** sustained emotional make-up of the person

Euthymic: normal, calm, friendly, pleasant, tranquil

Dysphoric: depressed, irritable, anxious

**Affect:** immediate expression of emotion;

Euphoric means elevated, elated or anxious

Labile: rapid changes in emotions

Full: within normal range

Constricted/Restricted: reduced emotional expression

Blunted: very little emotional expression

Flat: no emotional expression

**Abstraction:**

You can ask for similarities such as:

How are an apple and orange alike?

How is a plane and train alike?

How is a table and chair related?

The difference between concrete and abstract thinking:

Concrete is when you see only one meaning, surface thinking; you cannot see analogies or use metaphors well

It is a more literal form of thinking; one takes information at face value without thinking beyond or generalizing the information to other situations or meanings.

An example is when you ask the person about what the Statue of Liberty represents and they say “It’s a woman holding a torch”

Abstraction means multiple meanings.

Abstract reasoning requires thinking about ideas, principles and concepts in novel ways; thinking symbolically and figurativel

An abstract response would be “It’s a symbol of liberty and freedom, we got it from France, a piece of art”

You can also give an absurdity like the following:

“A man was in two accidents. In the first one he died. But in the second accident, he survived and wasn’t injured”

**Proverbs**: Ask the resident what these mean:

You shouldn’t cry over spilt milk

All that glitters is not gold

Rome wasn’t built in a day

A rolling stone gathers no moss.

If you snooze, you lose.

A journey of a thousand miles begins with a single step.

Early to bed, early to rise

A bad employee always blames others.

Strike while the iron is hot

**Thought Process:**

Circumstantial: provides unnecessary detail but eventually gets to the point

Tangential: moves from one thought to another that may be related but never gets to the point

Loose Associations: shifting between unrelated topics; associations are not related

Linear and Logical: thoughts are coherent and goal directed

**More Definitions:**

Neologisms: words person makes up; attach several words that are unintelligible

Word Salad: Incomprehensible mixing of meaningless words and phrases

Thought Blocking: a sudden cessation in the middle of a sentence

Loose Associations: jumping from one topic to another with no apparent connection between topics

Clanging: using words that rhyme but have no meaning: my dog with the log and frog in the fog

**Thought Content:** the content of their thoughts includes hallucinations, delusions, obsessions

Here you can ask the resident if they ever hear voices, see things in their room, have unusual experiences. If they say they hear voices, inquire more about what they say, how often, etc.

Ideas of Reference: others are talking about me (newscasters); hallucinations (false sensory perceptions which can auditory, gustatory, olfactory, tactile and visual)

Delusions: fixed, false beliefs firmly held despite contradictory evidence

Paranoid Delusions: Outside forces are controlling my thoughts

Grandiose: inflated sense of self-worth; I’m really Elvis Presley or I’m the Messiah; a Holy Man here to save humanity

Persecutory Delusions: Others are trying to harm me; damage my reputation

Ideas of reference: why are they talking about me?