

MENTAL STATE EXAMINATION FORM

(Screen for severe conditions) *Circle appropriate responses*

Appearance	Tidy, unkempt, under-nourished
Hygiene	Good, poor
Motor behaviour	Calm, restless, agitated, slowed, angry, depressive, hyper-reactive, very subdued
Conversation	Good expression, un-communicative, poor eye contact, hesitant, over-assertive, guarded, over-inclusive
Speech	Normal flow, rapid, pressured speech, blocked, loud, slow, subdued
Main affect	Calm, anxious, fearful, agitated, irritable, depressive, angry
Mood	Reactive, flat, variable within day, variable over days, manic
Thinking	Organised, responsive to questions, pre-occupied, rambling, vague, obsessive, racing, disordered, tangential, focuses on dangers, focuses on failures, delusional, flight of ideas, blocking, depersonalised
Intelligence	Normal, low
Perceptions	Reality oriented, auditory hallucinations, visual hallucinations, tactile hallucinations, somatises
Memory	Good historian (good short and long term memory), poor long term memory, poor short term memory
Concentration	Normal, distractible, unable to concentrate
Judgment	Able to make decisions, impaired, seeks support
Insight into diagnosis	Recognises current problems, debates, unconvinced, denies
Rapport with therapists	Good relationship, reluctant to engage, reliant on, argumentative, hostile
VEGETATIVE	
Sleep	Normal sleep, broken sleep, unable to sleep
Appetite	Normal, low & loss of weight, over-weight
Motivation	Wants to achieve life goals, low motivation, under-motivated (needs personal support), very-ambitious goals
Energy	Has energy to achieve goals, lethargic, over-active
<p><i>If client scores several indicators of poor cognitive functioning and of severe mental illness, also refer to ACIS or to a psychiatrist.</i></p>	