



# Mental State Exam

## **Appearance and Behaviour:**

General appearance: Well-groomed, disheveled, unkempt, or neglectful in hygiene.

Posture: Upright, slumped, rigid, relaxed, or tense.

Facial expression: Flat, restricted, animated, or labile.

Eye contact: Good, poor, fleeting, or minimal.

Motor activity: Normal, restless, agitated, fidgeting, slow, or rigid.

Gait: Normal, shuffling, unsteady, or uncoordinated.

Gestures: Normal, excessive, or absent.

## **Speech:**

Rate: Normal, pressured, slow, rapid.

Volume: Normal, loud, soft, whispering.

Tone: Appropriate, monotone, high-pitched, or low-pitched.

Fluency: Coherent, hesitating, tangential, or fragmented.

Articulation: Clear, slurred, stuttering, or muffled.

Latency: Normal, delayed response, or quick.

## **Mood / Affect:**

Mood:

Euthymic (normal mood), dysphoric (unease, discontent), dysthymic (chronic low mood), elevated (manic or hypomanic), or irritable.

Affect:

Congruent or incongruent with mood; flat, restricted, blunted, labile, or expansive.

## **Sleep:**

Normal sleep: Consistent 7-9 hours per night, restorative.

Sleep disturbances: Insomnia (difficulty falling or staying asleep), hypersomnia (excessive sleep), fragmented sleep, early morning waking, or nightmares.

Sleep hygiene: Good, poor, or disrupted due to environmental or psychological factors.

## **Thought Form and Content:**

Form:

Logical, coherent, flight of ideas, tangential, circumstantial, thought blocking, or loose associations.

Content:

Normal, preoccupations, rumination, obsessions, delusions (paranoid, grandiose, bizarre), or intrusive thoughts.

Cognitive distortions: Catastrophising, all-or-nothing thinking, overgeneralisation.

## **Perceptual Disturbance:**

Hallucinations: Auditory (e.g., hearing voices), visual, tactile, olfactory, or gustatory.

Illusions: Misperceptions of real external stimuli.

Depersonalisation: A feeling of detachment from one's body or mind.

Derealisation: A sense of the world feeling unreal or distant.



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## **Cognition:**

Orientation: Oriented to person, place, time, and situation (Oriented x 4).

Attention and Concentration: Impaired, normal, or distractible.

Memory: Immediate, short-term, or long-term recall; impaired, normal, or delayed.

Fund of knowledge: Adequate or poor, culturally appropriate.

Abstract thinking: Able to think abstractly (e.g., interpreting proverbs) or concrete.

Judgment: Impaired, fair, or good; the ability to make reasonable decisions.

Insight: Full, partial, or absent; awareness of one's condition and need for treatment.

## **Insight / Judgement:**

Insight: Full insight (aware of illness and need for treatment), partial insight (recognises illness but not its severity), or no insight (denial of illness).

Judgment: The capacity to make sound decisions in relation to one's circumstances, whether intact or impaired.

## **Suicide / Self-harm Risk:**

Suicidal ideation: Present or absent; passive ideation (thoughts of death) or active ideation (plans or intent).

Self-harm: Present or absent; history of self-injurious behavior (cutting, burning).

Risk level: Low, moderate, or high based on presence of intent, plan, and means.

## **Domestic Violence Risk:**

Current or past abuse: History of being a victim or perpetrator.

Safety concerns: Presence of immediate or ongoing threat to safety from intimate partners.

Patterns of violence: Emotional, physical, or sexual abuse.

## **Child Risk:**

Child abuse or neglect: Current or past involvement; physical, emotional, or sexual abuse, neglect, or inadequate care.

Risk to others: The client's behaviour toward their children (e.g., neglect, emotional harm, or endangerment).

## **Substance Use:**

Alcohol: Frequency, quantity, and impact on functioning.

Illicit drugs: Use of substances like marijuana, cocaine, opiates, etc.

Prescription medication: Misuse of medications or non-prescribed use of other's medications.

Dependence: Presence of physical dependence, tolerance, withdrawal symptoms, or history of addiction.

Abstinence: Periods of sobriety or ongoing use.