



For Assessments That Get Results

Mental State Examination

The following is a list of areas that you can observe quickly and easily throughout a meeting with a client.

Write notes detailing what you noticed during the meeting in relation to the following points. And place a ? next to those points that you are querying.

Please Note:- this does not comprise a psychological or psychiatric assessment and should only be used as a guide to ascertain whether further assessment may be warranted.

<p>Appearance Physical Dress Grooming</p>	
<p>Personal Hygiene Guarded or Suspicious Distracted Compulsions Panic Attacks Appropriate Eye Contact Mannerisms Degree of Co-operation Rapport/Relationship building/Engagement</p>	
<p>Speech Rate Volume Tone Coherence Repetitiveness</p>	
<p>Thought Form Flight of Ideas Confabulation <i>(filling in gaps in memory with false information with no awareness of this phenomena)</i> Incoherence Poverty of Thought Perseveration <i>(continue on same line of thought regardless of conversation direction)</i></p>	
<p>Thought Content Illogical Thinking Obsessions/Phobias</p>	

<p>Overvalued Ideas Paranoid Ideation Thought Insertion Delusions Anhedonia – the absence of joy or pleasure Suicidal/Homicidal</p>	
<p>Disorders of Perception Illusions Hallucinations Sensory Impairment</p>	
<p>Emotional State Mood <i>(subjective report of feelings)</i> Affect <i>(observable behavior in relation to emotional state)</i></p>	
<p>Cognitive Function Orientation Memory Attention Concentration Intelligence <i>(rough estimate only)</i></p>	
<p>Biological (client reports) Sleep Appetite Energy Levels</p>	
<p>Judgement Control over Behavior Awareness of Social Norms Consequences of Actions Planning for the Future</p>	
<p>Level of Insight Degree of Self Awareness Understanding of Illness, Injury or Behavior Denial, Blame Stated a willingness to comply with medical regime/medication/treatment</p>	