



MENTAL STATE EXAMINATION

QUICK REFERENCE GUIDE

The following sheet lists potential items to be addressed for each section of a Mental State Examination.

1.1 APPEARANCE

- Gender and sex
- Age
- Ethnicity
- Complexion
- Height and Build
- Hair (including facial hair)
- Grooming
- Unique physical attributes (including scars, tattoos, piercings, missing limbs)
- Facial features (e.g. flushed face, red eyes, bruises)
- Body odor (if present).

1.2 BEHAVIOUR

- Eye contact
- Relevant facial expressions
- Attitude towards interviewer
- Repetitive movements (e.g. tics, pacing, fidgeting)
- Gait
- Psychomotor behaviour
- Style of gesturing.

2. SPEECH

- Rate
- Volume
- Tone
- Other unique qualities
 - Stutter
 - Accent and dialect
 - Amount of speech
 - Speech impediments
 - Use of vocabulary
 - Is the person difficult to understand?
 - Presence of frequent, noticeable pauses.

3.1 MOOD

How the person is feeling?

- Reported emotion
- Reported depth
- Reported duration
- Reported degree of fluctuation.

3.2 AFFECT

How the person appears to be feeling, based on their non-verbals.

- Range (full, restricted)
 - What emotions does the person express?
 - Are these emotions appropriate to the topic?
- Intensity (exaggerated, normal, blunted, flat)
- Reactivity (fixed, reactive, labile)
- Congruence (congruent, incongruent)
 - Is the person's affect consistent with their reported mood?
- Neurovegetative symptoms
 - Sleep
 - Appetite
 - Weight gain/loss
 - Motivation
 - Interest in activities (including anhedonia)
 - Energy levels
 - Libido.

4. PERCEPTION

Identify presence of:

- Hallucinations – perceptual experiences in the absence of any corresponding external stimuli
- Illusions – exaggeration, distortion, or misinterpretation of actual stimuli.

Both can be categorised as follows:

- Auditory – these include, but are not limited to:
 - Command hallucinations
 - Commentary hallucinations
- Visual
- Tactile
- Olfactory
- Gustatory.

5. THOUGHT FORM AND FLOW

Describe:

- The amount and rate of thoughts
- How connected thoughts are to one another
- Whether thoughts relate to a central idea.

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