

Mental Status Exam Checklist

1. Appearance

Hygiene and Grooming

Would you describe your client's hygiene and grooming as:

- Clean Neat Disheveled Shaven Unshaven Hair Brushed Hair Unbrushed

Dress

Is your client's clothing:

- Casual Business Ragged Immaculate Fashionable Inappropriate Dirty
 Neat Bizarre Stained

Distinguishing Features

Does your client have any distinguishing features, such as:

- Tattoos Piercings Scars

Apparent Age

Does your client appear:

- Older than their stated age Younger than their stated age

Body Mass Index

Is your client's habitus:

- Normal Obese Underweight Overweight

Facial Expressions

Does your client appear:

- Calm Sad Angry Anxious Perplexed

2. General Behavior

Eye Contact

Is your client's eye contact:

- Appropriate Avoidant Decreased Heightened

Tardive Dyskinesia

Does your client display unusual movements in the jaw, face or tongue, such as:

- Grimacing Lip Pursing Lip Smacking Chewing Tongue Writhing

Cooperativeness and Attitude

Does your client exhibit an appropriate level of cooperation, or are they:

- Evasive Withdrawn Hostile Open Suspicious Guarded Passive Demanding
 Playful Relaxed Sullen Shy Candid Over Friendly

Movements

Does your client display any unusual or repetitive movements, such as:

- Pacing Mannerisms Waving Head-nodding Body-rocking Finger-tapping
 Tics Posturing Pacing Arm-flapping Twitches Tremor

3. Speech and Language

General

Does your client speak clearly or have an:

- Accent Stutter Lisp

Rate

Does your client speak clearly or have an:

- Normal Slow Fast Delayed Onset

Rhythm

Is your client's speech:

- Articulate Dysarthric Slurred Monotone

Volume

Is your client's speech:

- Soft Loud Mute

Content

Is your client:

- Loquacious Fluent Impoverished

4. Emotions

Mood

Does your client say they feel:

- Depressed Irritable Sad Good Angry Fantastic

Affect

Does your client seem to be:

- Euthymic Angry Anxious Depressed Elated Irritable Euphoric

Range

Is your client's affect range:

- Broad Labile Restricted Anhedonic Flat

Congruency

Is your client's affect:

- Congruent to their mood Incongruent to their mood

5. Thought and Perception

Thought Process

Would you describe your client's thought process as:

- Goal-directed Illogical Blocking Tangential Word Salad Incoherent Circumstantial
 Impoverished Loose Rapid Distractible Perseverative Flight of Ideas

Thought Content

Do your client's thoughts consist of:

- Goal-directed Illogical Blocking Tangential Word Salad Incoherent Circumstantial
 Impoverished Loose Rapid Distractible Perseverative Flight of Ideas

Perception

Is your client experiencing:

- Goal-directed Illogical Blocking Tangential Word Salad Incoherent Circumstantial
 Impoverished Loose Rapid Distractible Perseverative Flight of Ideas

6. Cognition

Alertness

Is your client:

- Alert In a stupor Lethargic Comatose Obtunded

Orientation

Does your client know:

- Their Name The Time The Date Their Current Location

Memory

To test your client's memory, you might ask them to do the following:

- Repeat three words immediately and again in five minutes
 Sign their name while answering unrelated questions
 Tell you their birthday, where they were born and their parents' names

Does your client display:

- No Impairment
 Short-term Impairment
 Long-term Impairment

Attention

Does your client's attention seem:

- Normal Distracted

Insight

Describe your client's insight or their awareness of their situation or condition:

- How well does your client understand the reasons for their behavior?
 How well does your client appreciate how they contribute to a problem?
 Does your client recognize or acknowledge the severity of an issue?
 What do they perceive is the best way to address a problem?

Is your client's insight:

- No Impairment
 Short-term Impairment
 Long-term Impairment

Rate

Does your client speak clearly or have an:

- Normal Slow Fast Delayed Onset

Rhythm

Is your client's speech:

- Articulate Dysarthric Slurred Monotone

Volume

Is your client's speech:

- Soft Loud Mute

Content

Is your client:

- Loquacious Fluent Impoverished

7. Environment

If part of your mental status exam includes assessing the client's living environment, you may want to describe their surroundings. Ask yourself the following:

- Have they made odd decisions, such as blocking doors or windows with furniture?
 Are there unusual decorations or wires that lead nowhere?
 Are they using any household objects inappropriately?
 Is their home extremely cluttered or dirty?
 Do they collect junk or garbage?

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