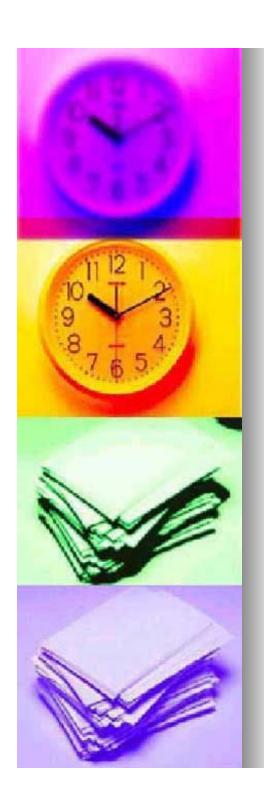
#### **Mental State Examination**

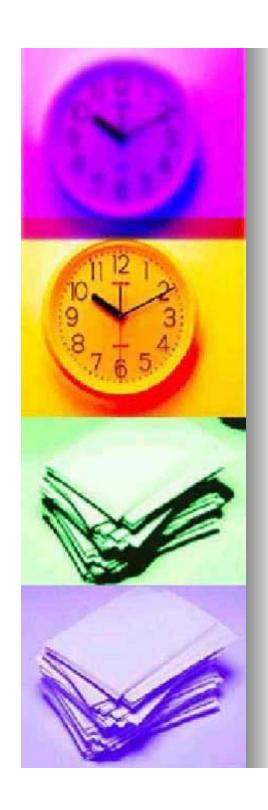
Elham Shirazi M.D.

Board of General Psychiatry

Board of Child & Adolescent Psychiatry



# **General Description**



## **Appearance**

Sex

Age

Grooming

Dress

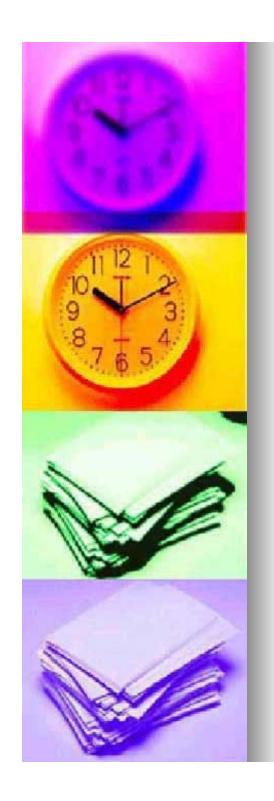
Height

Weight

Head size

Stigmata

Injuries

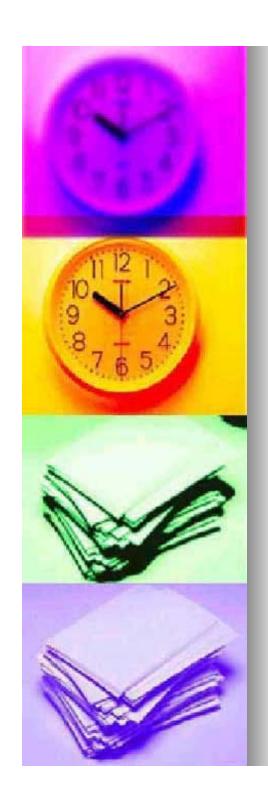


Appropriateness of appearance

General attractiveness

Physical maturation

Gender differentiation



# **Behavior & Psychomotor Activity**

Posture

Muscular tension

Gesture

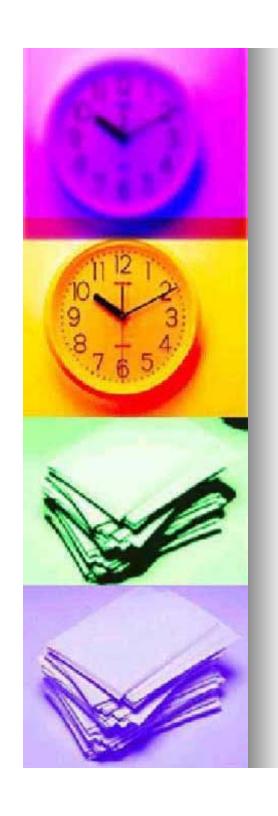
Gross motor activity

Gait

Fine motor activity

Activity level

Coordination



Mannerism

SIB

Habit patterns

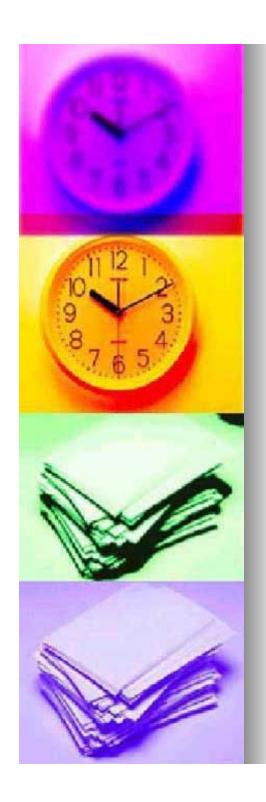
Strength

Compulsions

Laterality

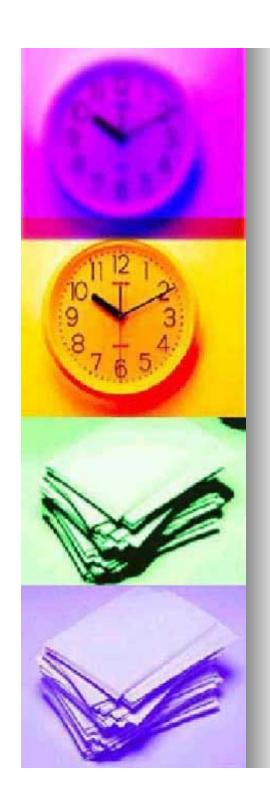
Rituals

Abnormal movements



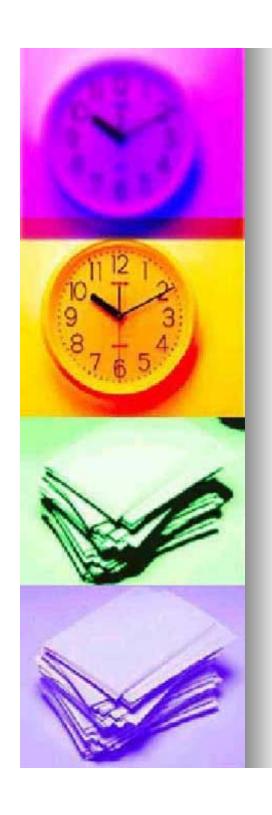
#### **Attitude**

- Waiting room behavior
- Reaction to separation from parent
- Relationship to examiner & its change during interview
- Reunion behavior
- Quality of relatedness



#### **Mood & Affect**

- Range
- Intensity
- Expressivity
- Emotional responsivity

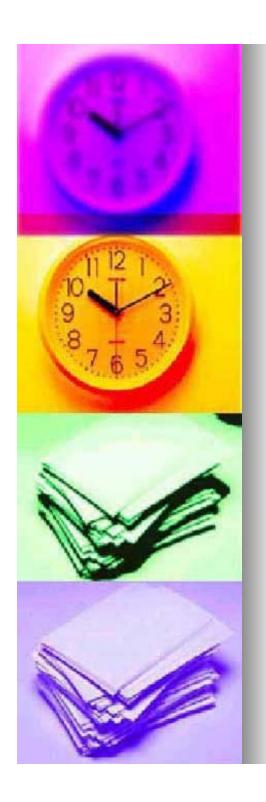


Modulation

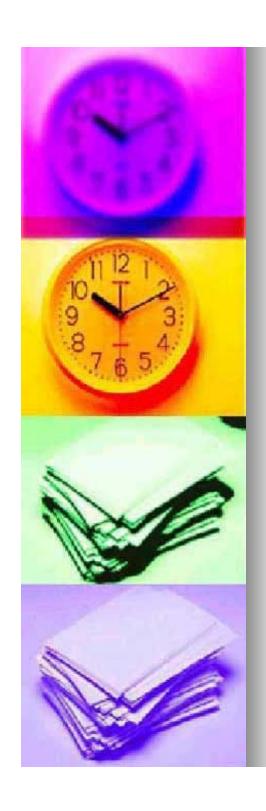
Lability

Appropriateness

Specific moods



# Speech & Language



## Language

Receptive

Expressive

Syntax

Semantics

Pragmatics

Vocabulary

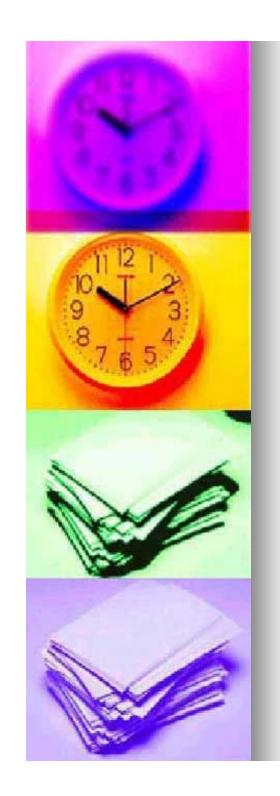
Lexical selection

Spontaneity

Turn taking

Topic selection

Topic maintenance



Content

Echolalia

Slang

Pallilalia

Aphasia

Vocal tics

Dysphasia

Coprolalia

Agnosia

Nonverbal communication



# Speech

Voice quality

Quantity

Pitch

Rate

Prosody

Fluency

Articulation

Intelligibility



Pronunciation

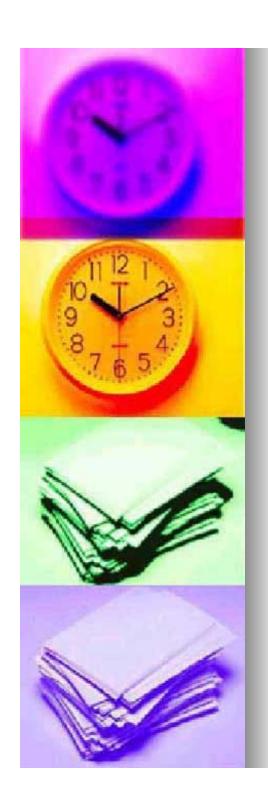
Stuttering

Accent

Phonological disorder

Dialect

Mutism

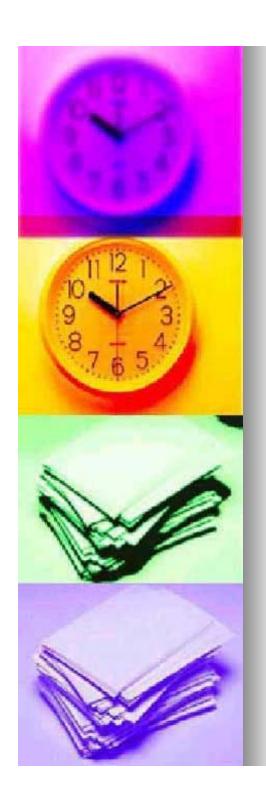


# Perception

Reality testing

Hallucinations

Illusions



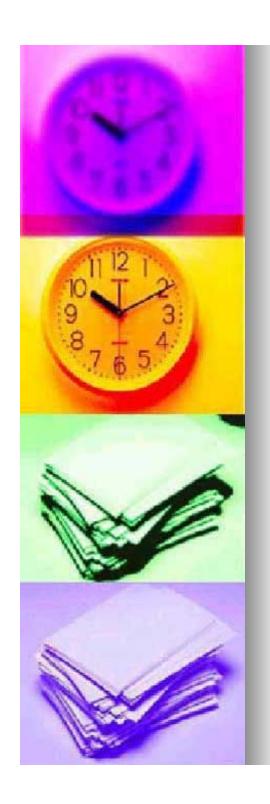
# **Thought**

Process

Content



# **Sensorium & Cognition**



#### Consciousness

#### Orientation

Time: Year, season, month, date, day of week, time of day

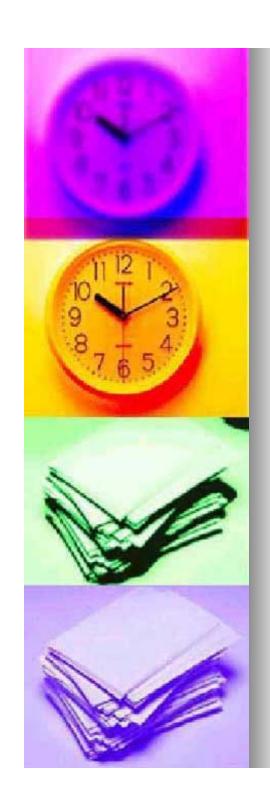
Place: Geography, country, state, city, hospital, floor, address, function

Person: Name, sex, relation, occupation



#### Memory

- Immediate: Repeat digits forward & backward, repeat 3 items, find hidden things around the room
- Recent: Recall after 1 & 5 minutes, today's food or conversation
- Recent past: Recall after 30 minutes, recall over past few months
- Remote: Recall over distant past, personal facts & memories



#### **Attention & Concentration**

Ability to focus

Hypervigilance

Selectivity

Trance

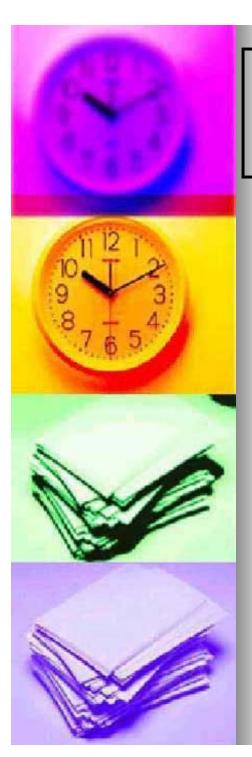
Sustained attention

Serial 7s

Changing focus

Spell Backward

Distractibility



#### Reading, Writing, Mathematic

Letter

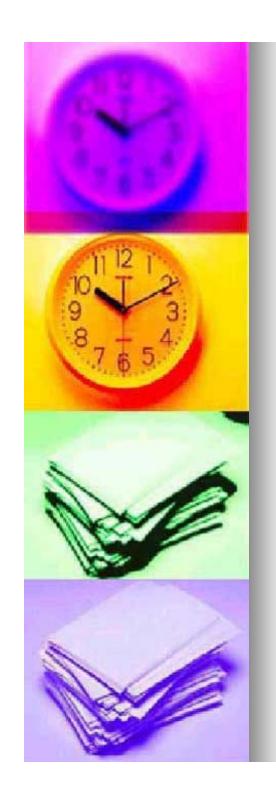
Paragraph

Word recognition

Copying

Sentence

Number



Accuracy

Speed

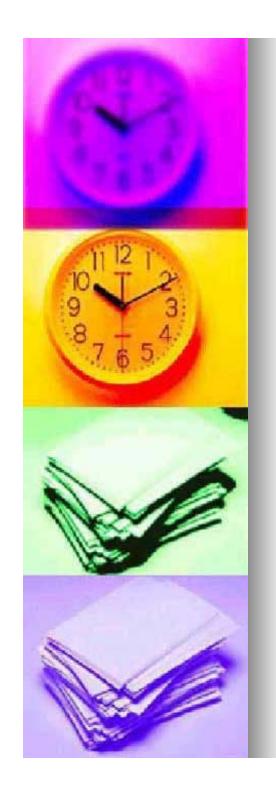
Coding

Decoding

Effort

Comprehension

Coherence



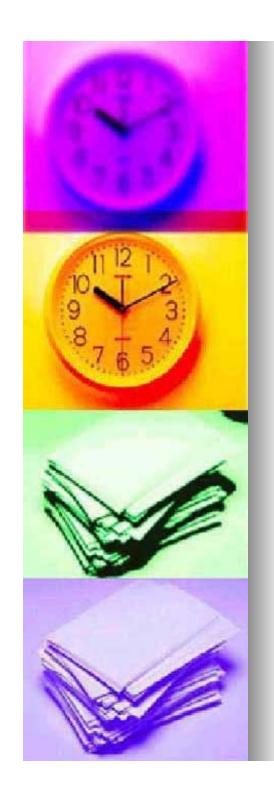
Write a sentence containing subject& object

Read & obey (close your eyes!)

Follow a three stage command

Repeat (No ifs, and or buts!)

Point to pencil & watch & have the patient name them



Count by 2s &3s

Addition

Subtraction

Number

Serial 3s & 7s

Multiplication

Division

Understanding of concepts

Problem solving

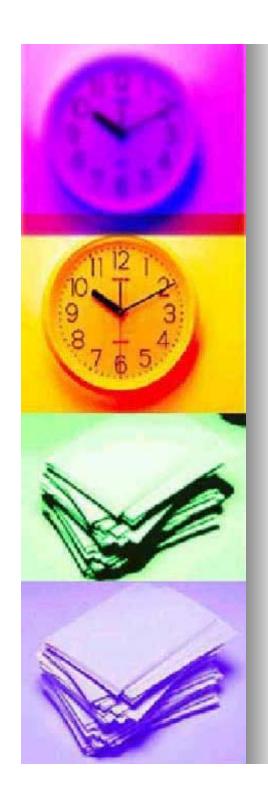


## **Visuo-Spatial Ability**

Manipulating objects

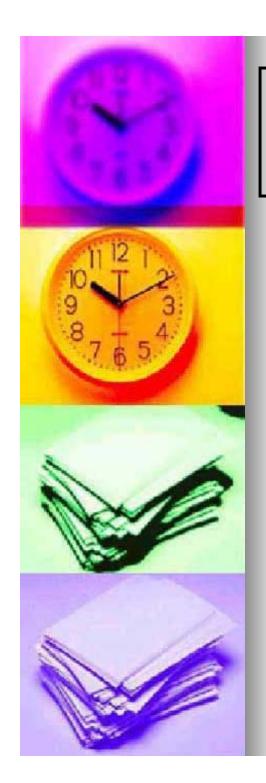
Drawing (HTP)

Copy a design



#### **Abstraction**

- Classification & sorting abilities
- Similarities
- Opposites
- Generalization
- Understanding of humor
- Understanding of proverbs



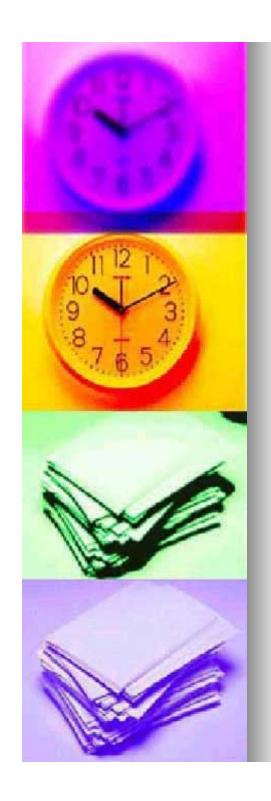
# Cognition, Basic Information, Intelligence

Personal data

Personal activities

Family facts

School facts

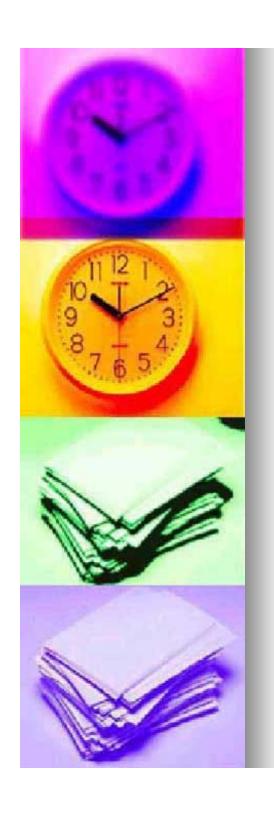


Basic information about the world

Knowledge (current, general, historical, specific)

Geographical facts

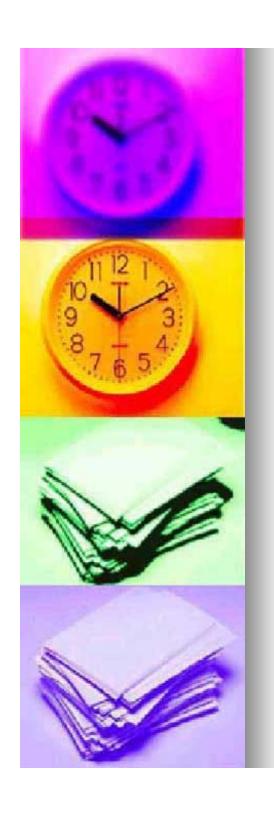
Religious facts



 Ability to find specific words (Synonyms, antonyms, homonyms)

Logical sequences

Cause & effect relationship



Responsiveness

 Capacity to anticipate the response of others (social awareness)

Imagination & curiosity

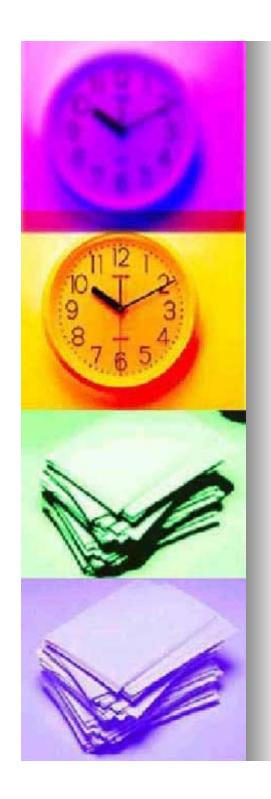


# Judgment

Appreciation & avoidance of dangers

Awareness of social rules

Respect for authority

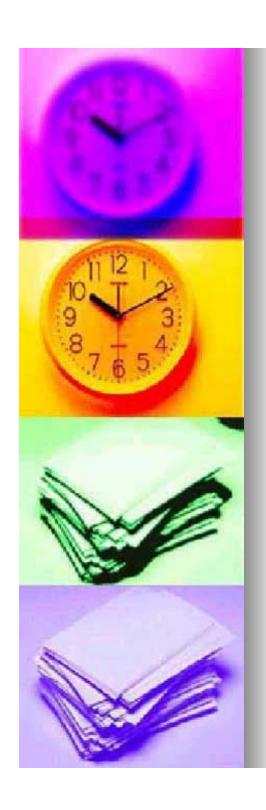


Understanding of outcomes of actions

Estimation of benefits vs risks

Balance of long-term & shortterm goals

Appreciation of behaviors of others

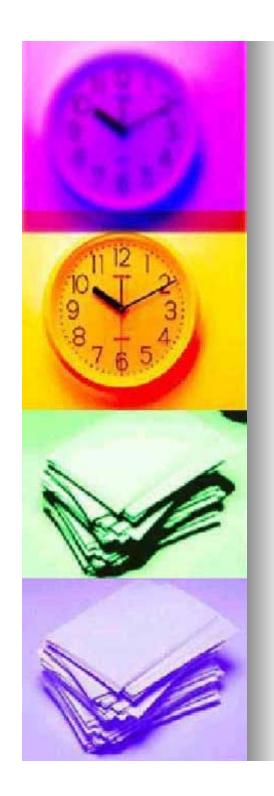


## Insight

Reason for seeing clinician

Causes & magnitude of problems

Degree of distress caused by problems

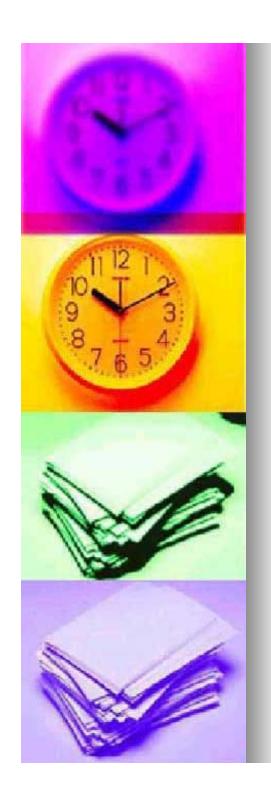


Suggested solution for problems

People suggested to help

Belief that situation can improve

Understanding of clinician's role in helping



Awareness of phenomena

Recognition the abnormality of phenomena

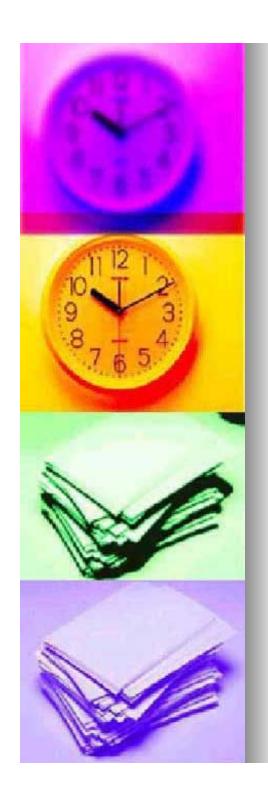
Does he consider that they are caused by mental illness?

Does he thinks he needs treatment?

Does he follow treatment carefully?



#### **Intrapsychic Organization**

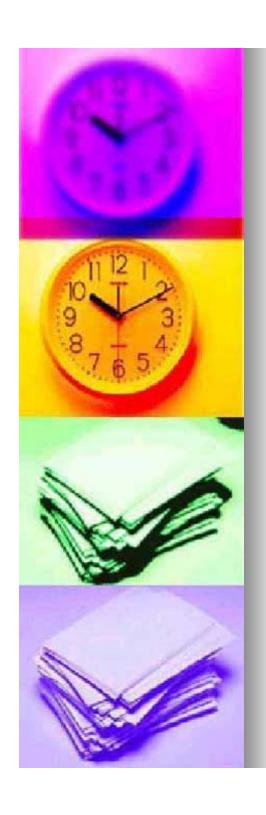


#### **Drives**

Unconscious drives

Aggressive drives

Sexual drives



#### Conscience

- Frustration tolerance
- Attitude toward authority
- Awareness of rules
- Ability to follow rules (alone, with others)



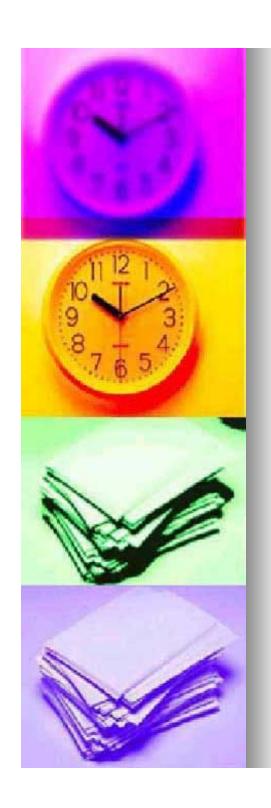
Self-regulation

Role models

Moral values

Religious activities

Antisocial acts



#### **Defenses & Conflicts**

- Behaviors indicating defenses
- Rigid or flexible
- Primitive or mature
- Awareness of defenses



- Evidence for intrapsychic conflicts
- Interference with adaptation
- Duration of conflicts
- Capacity for resolution



#### **Object Relation**

Quality

Rigidity

Intensity

Awareness

Duration

Associated Individual

Flexibility



#### Self-Esteem

Quality

Rigidity

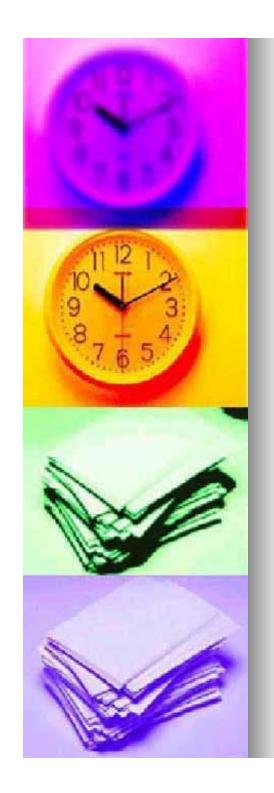
Intensity

Appropriateness

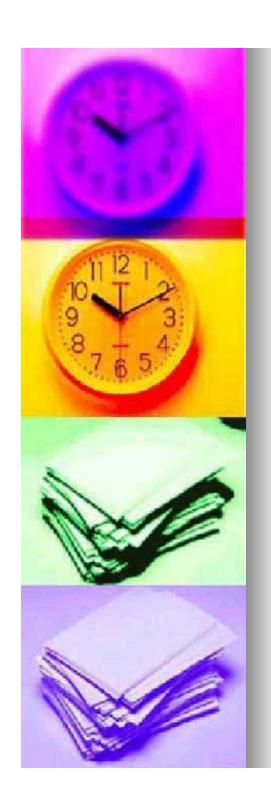
Duration

Awareness

Flexibility



- Behaviors indicating self-esteem
- Primitive vs mature
- Dissatisfaction with self
- Comparison of self with peers
- Comparison of self with ideal self



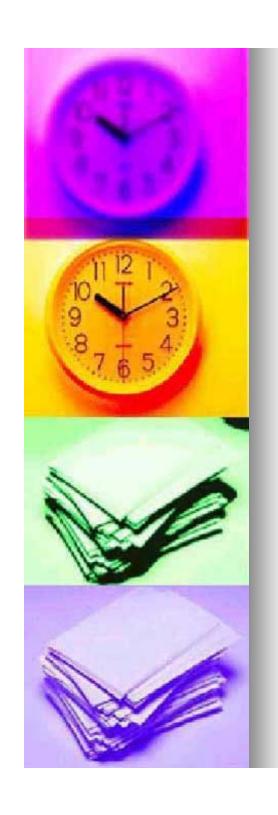
## **Adaptive Capacities**

Problem solving abilities

Capacity for adjustment

Interpersonal skills

Community work



Humor

Perseverance

Imagination

Prudence

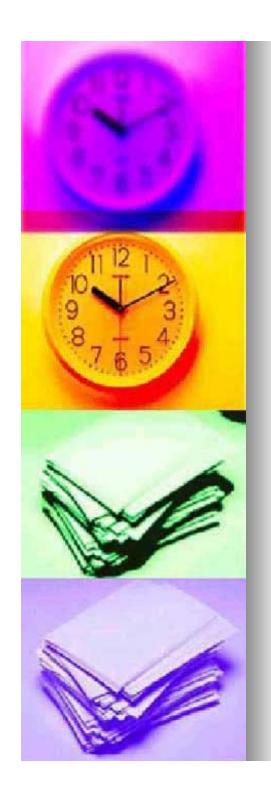
Fortitude

Skills

Empathy

Friendship

Mature defenses



#### **Interpersonal Relation**

#### **Relationship with:**

- Family
- Authority figure
- Peers
- Pets

Modes of interaction