

[Use the top of this page for your letterhead.]

## Mental Status Evaluation Checklist

**Directions:** Rate current observed performance (not reported, historical, or projected, which can all go into a narrative).

### A. Identification

Client: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ years

Highest grade completed: \_\_\_\_\_ ☐ GED? ☐ Special education: Type \_\_\_\_\_ for \_\_\_\_ years

Primary occupation: \_\_\_\_\_ Others: \_\_\_\_\_

Native language: \_\_\_\_\_ Evaluator: \_\_\_\_\_

### B. Informed consent

Informed consent was obtained about: ☐ The recipient(s) of the report ☐ Consequences of this assessment  
☐ Other: \_\_\_\_\_

By means of: ☐ Evaluator's NPP ☐ Interactive discussion ☐ Other: \_\_\_\_\_

### C. Evaluation methods

1. The information and assessments below are based on my observation of this client during: ☐ Intake interview ☐ Individual therapy ☐ Formal mental status testing ☐ Other: \_\_\_\_\_
2. We interacted for a total of \_\_\_\_ minutes.
3. Setting of the contact: ☐ Professional office ☐ Inpatient room ☐ Clinic or agency office ☐ Jail/prison  
☐ School office ☐ Home/residence ☐ Work ☐ Other: \_\_\_\_\_

### D. Mental status descriptors

Circle the most appropriate descriptive terms, and write in others as necessary. If an aspect of mental status was not assessed, ~~cross it out~~.

#### 1. Appearance and self-care

Stature	Average	Small	Tall (for age, if a child)	Height of ____ inches		
Weight for size	Average weight	Overweight	Obese	Underweight	Weight of ____ pounds	
Clothing	Neat/clean	Careless/inappropriate	Disheveled	Dirty	Meticulous	
	Appropriate for age, occasion, weather		Inappropriate	Seductive	Bizarre	
Grooming	Normal	Meticulous	Neglected	Inappropriate	Unusual	Bizarre
Cosmetic use	Appropriate	Inappropriate for age	Excessive	Unusual	None	
Use of perfume/ cologne	None	Some	Excessively scented	Body odor		

(continued)

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*Posture/gait* Normal Tense Rigid Stooped Slumped Bizarre Other: \_\_\_\_\_  
*Motor activity* Unremarkable Tremor Tics Slowed Restless Jumpy Agitated Gestures  
*Other aspects:* \_\_\_\_\_

**2. Sensorium**

*Attention* Alert Inattentive Unfocussed Wanders Unaware Vigilant  
*Concentration* Normal Distractible Drowsy/tired Lethargic Confused Bewildered  
 Anxiety interferes Focuses on irrelevancies Preoccupied  
*Orientation* To all five Time Person Place Situation Object  
*Recall/memory* Normal Defective in: Immediate/short-term Recent Remote  
 and severity is \_\_\_\_\_ Confabulates Gaps Amnesia Hallucinated

**3. Affect and mood**

*Affect* Appropriate Full range Dramatic Labile Restricted Blunted Flat  
 Teary Anxious Apathetic Other: \_\_\_\_\_  
*Mood* Euthymic Irritable Pessimistic Dysphoric Hypomanic Elated Euphoric  
 Other: \_\_\_\_\_

**4. Thought and language**

*Speech flow* Normal Mute Blocked Paucity Slowed Pressured Flight of ideas  
 Loud Soft Whispered  
*Organization* Normal Goal-directed Simplistic Loose Circumstantial  
 Tangential Incoherent  
*Thought content* Congruent (mood and circumstances) Incongruent Ideas of reference Suspicions  
 Delusions of \_\_\_\_\_ Ideas of influence Illusions Monomania  
 Perseverations Personalizations Other: \_\_\_\_\_  
*Preoccupations* Indecision Phobias Somatic Suicide Homicide Guilt Religion  
 Other: \_\_\_\_\_  
*Hallucinations* Auditory Visual Tactile Olfactory Other: \_\_\_\_\_  
 Content: \_\_\_\_\_

**5. Executive functions**

*Fund of knowledge* Average Above average Impoverished by: \_\_\_\_\_  
*Intelligence* Average Below average Above average Needs investigation  
*Abstraction* Normal Concrete Functional Popular Abstract Overly abstract  
*Judgment* Normal Common-sensical Fair Poor Dangerous  
*Reality testing* Realistic Adequate Distorted Variable Unaware  
*Insight* Uses connections Gaps Flashes of Unaware Denial  
*Decision making* Normal Only simple Impulsive Vacillates Confused Paralyzed

(continued)

**E. Relating**

<i>Eye contact</i>	Normal	Fleeting	Avoided	None	Staring		
<i>Facial expression</i>	Responsive	Tense	Anxious	Sad	Exhausted	Angry	Mask-like
<i>Attitude toward examiner</i>	Pleasant	Cooperative	Approval-seeking	Dramatic	Passive	Bored	
	Silly	Resistant	Critical	Irritable	Hostile	Sarcastic	
	Argumentative	Provocative	Demanding	Threatening	Suspicious		
	Guarded	Defensive	Manipulative	Other:	_____		

**F. Social functioning**

<i>Social maturity</i>	Responsible	Thoughtful	Irresponsible	Self-centered	Impulsive	Isolates
<i>Social judgment</i>	Normal	"Street-smart"	Naive	Heedless	Victimized	Impropriety

**G. Stress**

<i>Stressors</i>	Pain	Income	Housing	Family conflict	Work	Grief/losses
	Illness	Transitions				
<i>Coping ability</i>	Normal	Growing	Resilient	Exhausted	Overwhelmed	
	Deficient supports	Deficient skills				
<i>Skill deficits</i>	None	Education	Communication	Interpersonal	Decision making	
	Self-control	Persistence	Self-care	Activities of daily living		
<i>Supports</i>	Usual	Family	Friends	Church	Service system	Other: _____
	Needed:	_____				

**H. Other aspects of mental status**

<i>Risk of harm to self/others</i>	Denies	Passive	Plans	Means	Threat	Preoccupation
	Gesture	Attempt	Other:	_____		

[Write additional observations, clarifications, and quotations on a new page.]

*This is a strictly confidential patient medical record. Redisclosure or transfer is expressly prohibited by law. This report reflects the patient's condition at the time of consultation or evaluation. It does not necessarily reflect the patient's diagnosis or condition at any subsequent time.*

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