THE MENTAL STATUS EXAM

Appearance:
- Body habitus, appears / does not appear stated age
- Adequately groomed, disheveled, malodorous, carefully groomed, well-groomed, etc.
- Appropriately dressed, wearing ______; vs. flamboyantly, inappropriately, revealing, etc.

Attitude and Cooperation:
- Attentive, inattentive, easily distractible
- Cooperative, uncooperative; cooperation limited by _____
- Pleasant, superficial, guarded, child-like, ingratiating, manipulative, irritable, indifferent, etc. etc.

Behavior and Activity:
- Awake, alert, sleepy, dozing off, somnolent
- Seated calmly, fidgeting in chair, twirling hair, picking at scab, pacing in hall, curled up in bed
- Eye contact: appropriate, poor, direct, overly intense, downcast, looking off to side, looking upward
- Psychomotor agitation vs. psychomotor retardation, extrapyramidal symptoms, tremor

Speech:
- Fluent vs. non-fluent
- Spontaneous, little spontaneous speech, only speaks when spoken to, answers in 1-2 word sentences, non-responsive (different from UNresponsive)
- Appropriate rate, rhythm, and prosody
- Rapid, slowed, hyperverbal, pressured, paucity of speech
- Monotone, flattened prosody
- Sing-song rhythm, staccato, clipped, brusque

Mood:
- "_____" (NOT "fine" or "okay")
- Pt only able to identify as "fine"; has difficulty characterizing further despite additional questioning
- Pt only able to identify "(somatic symptom)"; has difficulty differentiating somatic vs. emotional perception

Affect:
- Quality: Euphoric, giddy, excessively bright, bright, euthymic, neutral, saddened, dysphoric, anxious, angry, irritable, annoyed, nervous
- Intensity: Expansive, dramatic, overly expressive, appropriate, constricted, blunted, flat
- Changeability: Labile, reactive, fixed
- Congruent/not congruent with stated mood; inappropriate to situation, topics discussed

*Think of QUALITY first; if multiple over course of interview, consider whether affect labile. Can phrase: “Affect: Labile; variably bright, dysphoric, irritable, _____, ____ “ (etc.)
Thought Process:
- Linear, goal-directed, coherent
- Circumstantial
- Tangential
- Flight of ideas
- Loosening of associations
- Derailment
- Slowed
- Thought blocking
- Perseverative (vs. ruminative, preoccupied with, focused on, etc.)

Thought Content:
- Delusions (type, CONTENT) versus Overvalued ideas (type, content)
- “Ruminating on _____”, “Preoccupied with _____”
- “No delusions nor particular preoccupation elicited”

Suicidality/Homicidity:
- Passive vs. Active
- Plan
- Intent

Perception:
- Auditory/visual hallucinations - CONTENT
- Internally preoccupied, responding to internal stimuli

Cognition:
- Orientation
- Attention / concentration (months of year backward)
- 3 object recall
- Abstraction
- Fund of Knowledge

Insight/Judgment:
- Appropriate, limited, impaired, poor, AND JUSTIFY
- “Given pt’s ability to identify and discuss symptoms . . .”
- “Given pt’s denial of all psychiatric symptoms . . .”
- “Given pt’s adherence / nonadherence with medications (groups, interview, etc.) . . .”
- “Given pt’s ongoing significant psychosis . . .”
Blocking

Autotopagnosia

Automatism

Autistic thinking

Astereognosia

Agoraphobia

Affect

Acrophobia

Derealization

Déjà pensé

Control Delusion

Confabulation

Concrete thinking.

Faults of recognition. Delusional (false) recognition of persons or places.

Flight of ideas.


Folie à deux.

Formal thought disorder.

Fugue.

Global Aphasia.

Glossosilolia.

Gustatory Hallucination.

Hallucination of taste.

Hallitosis.

Hallucinosis.

Hypermetropia

Hypochromatopsia

Hypochondria

Hypochondriasis

Hypomeision

Hypnagogic Hallucination.

Hypnagogic Hallucinations.

Hypnagogic hallucinations.

Hypnometric Hallucination.

Hypnomic Hallucination.

Hysterical anosognosia.

Inability to recognize or express emotion.

Introspective sentences.

Joy of discovery.

Joy of new experience.

Loosening of associations.

Loosening of associations.

Lull.

Lull.

Luminous ideation.

Luminous ideation.

Lyric poetry.

Meaninglessness.

Mood-congruent Hallucinations.

Micropsia

Mood in the normal range.

Mood.

Mood-lowering Hallucinations.

Mood-disrupting Hallucinations.

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