

MENTAL STATUS EXAM

GABA (General Appearance, Behavior, Attitude)

General Appearance: age/gender, appearance vs. stated age, body habitus, clothing, hygiene, grooming, physical abnormalities, tattoos, piercings

Behavior: posture, eye contact, mannerisms, tics, activity level, psychomotor retardation/activation, akathisia, automatisms, catatonia, choreoathetoid, compulsions, dystonias, tremors

Attitude: cooperative/uncooperative, seductive, flattering, charming, eager to please, entitled, controlling, hostile, guarded, critical, antagonistic, childish

Mood: Patient reported emotional tone in quotations.

Affect: Physical expression of immediate feeling state.

Type: euthymic, hyperthymic, elevated, euphoric, dysphoric, irritable, anxious

Quality/range: Intense > full > constricted > blunted > flat

Motility: Labile > supple/stable > sluggish

Appropriateness to content: appropriate or not

Speech

Rate: pressured > rapid > regular > slowed

Rhythm: prosody, cadence, latency, spontaneity

Articulation: dysarthria, stuttering

Accent/dialect, tone, volume/modulation

Thought Process: goal-directed, logical, circumstantial, tangential, loosening of associations, flight of ideas, perseveration, thought blocking, echolalia, neologisms, clang associations

Thought Content: poverty/overabundance of thought, delusions (somatic, grandeur, paranoid, reference, thought insertion, thought control, thought broadcast, erotomanic, nihilistic), suicidal/homicidal ideation (passive, active, active w/ plan), phobias, obsessions, compulsions, depersonalization, derealization, illusion, hallucinations (visual, auditory, auditory verbal, tactile, olfactory, gustatory, hypnagogic, hypnopompic)

Insight: full > partial/limited > none

Judgement: excellent > good > fair > poor

Cognition (GOAL CRAMP)

General: alert > drowsy > lethargic > stuporous > comatose

Orientation: x4 (person, time, place, situation)

Attention: spell WORLD backwards, serial 7's from 100

Language: name objects, repeat words/sentences

Calculation: ability to add/subtract

Right hemisphere: intersecting pentagons, clock-face

Abstraction: similarities between objects, simple proverbs

Memory: immediate (repeat), short-term (recall words)

Praxis: +/- voluntary skilled movements (e.g. comb hair)