

Tool 9: The Abbreviated Mental Test

The Abbreviated Mental Test is a commonly used screening tool in the UK, to identify cognitive impairment in older people. The tool on its own does not diagnose that a person has delirium* or dementia but results will suggest that cognitive impairment is present and that further examination is required. The Abbreviated Mental Test can also be used over the course of a resident's stay to monitor improvement or deterioration in their cognitive function. It can also be used following a fall to identify a change in cognitive function.

Score 1 point for each correct answer (no half marks).
A final score of less than 8 suggests abnormal cognition.

Resident's name:

Abbreviated mental test

| | |
|---|--|
| What age are you? | |
| What is your date of birth? | |
| I'm going to tell you an address for you to remember and repeat back to me after I have asked some more questions: 42 West Street | |
| What year is this? | |
| Which hospital/centre do you attend? | |
| What is this? (2 persons/objects) | |
| What is the name of the Prime Minister? | |
| Who is the present King or Queen? | |
| Please count backwards from 20 to 1 | |
| What was the address I asked you to remember? | |
| Total | |
| Score: A final score of less than 8 suggests abnormal cognition | |

* Delirium is sudden severe confusion and rapid changes in brain function that occur with physical or mental illness.

See Hodkinson HM. 1972. Evaluation of a mental score for assessment of mental impairment in the elderly. Age and Ageing 1: 233-8