## Folstein Mini Mental Examination

| Task | Instructions | Scoring |
| :---: | :---: | :---: |
| Date Orientation | "Tell me the date?" Ask for omitted items | One point each for year, season, date, day of week, and month |
| Place Orientation | "Where are you?" Ask for omitted items. | One point each for state, county, town, building, and floor or room |
| Register 3 Objects | Name three objects slowly and clearly. Ask the patient to repeat them. | One point for each item correctly repeated |
| Serial Sevens | Ask the patient to count backwards from 100 by 7. Stop after five answers. (Or ask them to spell "world" backwards.) | One point for each correct answer (or letter) |
| Recall 3 Objects | Ask the patient to recall the objects mentioned above. | One point for each item correctly remembered |
| Naming | Point to your watch and ask the patient "what is this?" Repeat with a pencil. | One point for each correct answer |
| Repeating a Phrase | Ask the patient to say "no ifs, ands, or buts." | One point if successful on first try |
| Verbal Commands | Give the patient a plain piece of paper and say "Take this paper in your right hand, fold it in half, and put it on the floor." | One point for each correct action |
| Written Commands | Show the patient a piece of paper with "CLOSE YOUR EYES" printed on it. | One point if the patient's eyes close |
| Writing | Ask the patient to write a sentence. | One point if sentence has a subject, a verb, and makes sense |
| Drawing | Ask the patient to copy a pair of intersecting pentagons onto a piece of | One point if the figure has ten corners and |

Scoring
A score of 24 or above is considered normal.
30
Adapted form Folstein et al, Mini Mental State, J PSYCH RES 12:196-198 (1975)
Scoring:
24-30 Uncertain Cognitive Impairment
18-23 Mild to Moderate Cognitive Impairment
0-17 Severe Cognitive Impairment
*The score ranges listed here are widely used, but it should be noted that an MMSE score is only an initial indicator of cognitive status, and norms for the MMSE vary greatly depending on a person's age, education level, and race.

| Education | Age |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
|  | $\mathbf{1 8 -}$ | $\mathbf{2 5}-$ | $\mathbf{3 0}-$ | $\mathbf{3 5 -}$ | $\mathbf{4 0}-$ | $\mathbf{4 5 -}$ | $\mathbf{5 0 -}$ | $\mathbf{5 5}-$ | $\mathbf{6 0 -}$ | $\mathbf{6 5}-$ | $\mathbf{7 0}-$ | $\mathbf{7 5}$ | $\mathbf{8 0}$ | $>84$ |
|  | $\mathbf{2 4}$ | $\mathbf{2 9}$ | $\mathbf{3 4}$ | $\mathbf{3 9}$ | $\mathbf{4 4}$ | $\mathbf{4 9}$ | $\mathbf{5 4}$ | $\mathbf{5 9}$ | $\mathbf{6 4}$ | $\mathbf{6 9}$ | $\mathbf{7 4}$ | $\mathbf{7 9}$ | $\mathbf{8 4}$ |  |
| $\mathbf{4}^{\text {th }}$ grade | 22 | 25 | 25 | 23 | 23 | 23 | 23 | 22 | 23 | 22 | 22 | 21 | 20 | 19 |
| $\mathbf{8}^{\text {th }}$ grade | 27 | 27 | 26 | 26 | 27 | 26 | 27 | 26 | 26 | 26 | 25 | 25 | 25 | 26 |
| High | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 28 | 28 | 27 | 27 |
| School <br> College | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |

