

Mini-Mental State Examination (MMSE)

Category: Cognitive | Items: 30 | Time: ~10 min

Description / When to Use

30-point cognitive screening test for dementia and cognitive impairment.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 30 items in this scale. Estimated completion time: 10 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

Sum correct responses across orientation, registration, attention, recall, language, and visuospatial domains. Max 30.

Cutoff Interpretation

Score Range	Severity	Recommended Action
24-30	Normal cognition	None
18-23	Mild cognitive impairment	Further evaluation
0-17	Severe cognitive impairment	Comprehensive assessment

Psychometric Properties

Cronbach's alpha: 0.84 | Test-retest reliability: 0.80

Validity: Most widely used cognitive screen; validated in 100+ languages.

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Citation (APA Format)

Folstein, M. F., Folstein, S. E., & McHugh, P. R. (1975). Mini-mental state. *Journal of Psychiatric Research*, 12(3), 189-198.

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