

MENTAL HEALTH

MENTAL STATE EXAM

- **Appearance** – age, sex, level of hygiene, clothes & appropriateness for situation/weather, physical abnormalities, weight.
- **Behaviour** – eye contact, rapport, motor activity, abnormal movements.
- **Mood** (subjective)
- **Affect** (objective) – reactivity, congruent, symptoms of depression.
- **Speech** – rate, tone, volume, quantity, intelligibility.
- **Thought process** – speech is a marker: Poverty of ideas, flight of ideas, word salad, loosening of associations, neologisms.
- **Thought content** – delusions of reference, control, influence, passivity, grandeur, persecution. Thought blocking, insertion, withdrawal, broadcasting. Jealousy, guilt, worthlessness.
- **Perception** – hallucinations, depersonalisation, derealisation, illusions.
- **Cognition** – level of consciousness, concentration, orientation (to time, place & person).
- **Insight** – into current situation, psychiatric diagnosis, triggers.
- **Suicide risk** - current plan, suicide note, availability of lethal means, prior attempts, impulsivity, protective factors.