Mental status exam

Client | Date | Session no.

1. Appearance

Grooming, clothing, anything notable about how the client looks.

2. Behavior

Eye contact, posture, movements, how the client relates to you.

3. Speech

Rate, volume, tone and amount.

4. Mood

The mood in the client's own words.

5. Affect

What you observe: range, intensity, fit with the mood and the topic.

6. Thought process

How thoughts connect: logical, goal-directed, tangential.

7. Thought content

Main themes and worries. Thoughts of harm to self or others, asked directly.

8. Perception

Hallucinations or other changes in perception, reported or observed.

9. Cognition

Orientation, attention and memory as seen in the conversation.

10. Insight and judgment

How the client understands the problem and makes decisions about it.

Mental status exam: filled example

Client Anna, 34 (fictional) | Date 11/12 | Session no. 4

1. Appearance

Neatly dressed for work, looks tired.

2. Behavior

Good eye contact, **restless hands**, cooperative and engaged.

3. Speech

Fast, normal volume, slows down by the end of the session.

4. Mood

"On edge all the time."

5. Affect

Anxious, full range, congruent with mood. Brightens when talking about her sister.

6. Thought process

Logical and goal-directed.

7. Thought content

Worries about losing her job. Denies thoughts of harming herself or others.

8. Perception

None reported or observed.

9. Cognition

Oriented to person, place and time. Attention and memory intact in conversation.

10. Insight and judgment

Good insight: links checking with anxiety. Judgment intact.