

# MENTAL STATE EXAMINATION

Dr. Animisha Singh

Senior Resident- Psychiatry

# WHAT IS IT?

- Mental State Examination is a component of examination.
- Psychological equivalent of physical examination
- Not a replacement!

# COMPONENTS

- General Appearance and Behavior
- Psychomotor Activity
- Speech
- Thought
- Mood
- Perception
- Cognitive function
- Insight

# GAB

- Accurate and life-like
- Information from multiple sources
  1. Conscious? Oriented? Cooperative?
  2. Groomed?
  3. Attention?
  4. Eye to eye contact?
  5. Relaxed or tense?
  6. Response to various requirements and situations?
  7. Abnormal responses?
  8. Rapport? (Unconscious human interaction, mutual understanding)
  9. Tics/ mannerisms? (Odd, purposeful movements)
  10. Catatonic phenomenon?

# PSYCHO- MOTOR ACTIVITY

- Goal-directed response involving motor and psychological components
- Increased / Decreased / Normal?

# SPEECH

- Tone
- Tempo
- Volume
- Spontaneous?
- Coherent? Relevant?
- Reaction Time?
- Prosody? (melodic intonation)

# MOOD

- EMOTION: Stirred up physiological state as a response to an event
- FEELING: Positive or negative reaction; subjective experience of emotion
- MOOD: Pervasive and sustained emotion that colors the person's perception of the world (longitudinal, subjective)
- AFFECT: Short-lived emotion (cross sectional, objective)

# MOOD

- Euthymic? Elevated? Depressed? Irritable?
- Appropriate?
- Congruent?
- Lability? (sudden change in polarity of mood)



# THOUGHT

- FORM: Consistent, uninterrupted and organized flow of thinking towards its goal.
- STREAM: Flight of ideas? Circumstantiality? Tangentiality? Thought block?
- POSSESSION: Obsessive or compulsive thoughts? Thought alienation phenomenon?
- CONTENT: Depressive cognitions? Anxious? Delusions?

# PERCEPTION

- Hallucinations- auditory, visual, tactile, gustatory?
- Depersonalization? Derealization? (sensation of unreality concerning oneself or environment)

# COGNITIVE FUNCTIONS

- Attention and Concentration
- Orientation
- Memory
- Intelligence
- Judgment

# INSIGHT

- Complete denial of illness
- Slight awareness (symptoms)
- Awareness of illness, wrong attribution
- Awareness of illness, attribution to unknown factors in oneself
- Intellectual insight
- Emotional insight

THANK YOU!

[anymysha@gmail.com](mailto:anymysha@gmail.com)