

Mini-Mental State Examination (MMSE)

Folstein's MMSE is a brief clinician-rated tool used for rapid screening of global cognitive impairment and for longitudinal monitoring of its course. It mainly explores temporal and spatial orientation, registration, attention and calculation, delayed recall, language, written and oral comprehension, writing and constructional praxis. Widely used in clinical psychology, geriatrics, neurology and psychiatry, it helps objectively assess the level of cognitive functioning, identify possible decline and document the effect of treatment. Its interpretation must remain cautious, because performance is influenced by age, education level, language and cultural context, as well as by possible sensory, motor or attentional impairments.

Number of questions	30 questions
Estimated duration	10 minutes
Language	English
Original name	Mini-Mental State Examination
Target audience	Older adults
Authors	Marshal F. Folstein, Susan E. Folstein, Paul R. McHugh (1975)
Category	General

Preview of the 30 questions

What is the year?

Incorrect Correct

What is the season?

Incorrect Correct

What is the date?

Incorrect Correct

What is the day?

Incorrect Correct

What is the month?

Incorrect Correct

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

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Scoring & interpretation

Award 1 point for each correct answer or task according to the standard grid, for a maximum total of 30 points. The total score reflects the level of global cognitive functioning, with a lower score suggesting greater impairment. In practice, a score below 24 classically suggests cognitive impairment requiring further assessment, but cutoffs must be interpreted taking into account age, education level, language, cultural context and sensory or motor limitations. Qualitative analysis of errors is clinically useful and should not be replaced by the total score alone.

Usage

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“Automatic scoring saves me a huge amount of time, and my patients are far more willing to fill out the questionnaires.”

Samia T. - Online Psychologist