

## Cognitive Screening Instruments in Neuropsychiatry: A Report of the Committee on Research of the American Neuropsychiatric Association

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*A 1994 survey by the Research Committee of the American Neuropsychiatric Association revealed that 58% of respondents employed formal assessment of cognitive status; the Mini-Mental State Examination (MMSE) and neuropsychological testing were the commonest techniques. Literature review on common cognitive screening instruments found that the MMSE has widespread popularity, ease of use, and a large body of research demonstrating its sensitivity to common neuropsychiatric disorders. The Committee recommends that clinicians who employ the MMSE 1) use it as a minimum screening for cognitive dysfunction; 2) employ age- and education-normative corrections; and 3) supplement it with specific measures of spatial functions, delayed memory, and executive abilities. The Modified MMSE and the Neurobehavioral Cognitive Status Examination also show promise as screening tools.*

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In 1994 the Committee on Research of the American Neuropsychiatric Association (ANPA) conducted a survey of ANPA and British Neuropsychiatry Association members regarding use of formal measures of treatment outcome.<sup>1</sup> That survey revealed in part that 58% of respondents employed formal assessment of cognitive status and that the Mini-Mental State Examination and neuropsychological testing were the most common techniques used to evaluate patients. In a follow-up to this survey, the ANPA Committee on Research then conducted a review of the literature on common cognitive screening instruments in order to familiarize ANPA members with data supporting the use of these instruments in neuropsychiatry.

### OVERVIEW OF COGNITIVE SCREENING

#### Need for Cognitive Screening Instruments

The disorders commonly encountered by neuropsychiatrists frequently have cognitive effects that must be

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detected early for accurate diagnosis and effective treatment. Delirium and dementias, for example, represent a substantial portion of the practice of many neuropsychiatrists. Many primary psychiatric disorders, such as major affective disorders and schizophrenia, have significant effects on cognition as well. Focal neurologic disorders such as stroke, seizures, and neoplasms may present with combined emotional and cognitive symptoms.

Cognitive screening can also be used longitudinally to track disease progression or response to treatment. Brief cognitive tests have been used to follow response to cognitive medication trials in dementia,<sup>2</sup> progression in degenerative dementia,<sup>3</sup> and recovery from stroke and head injury.<sup>4</sup>

Use of standard instruments for cognitive screening should be encouraged for several reasons. Cognitive impairment is often overlooked by clinicians who do not routinely employ a formal mental status examination.<sup>5</sup> For example, mild cognitive and behavioral changes after head injury are often underdiagnosed owing to the absence of obvious neurological signs<sup>6</sup> but can have profound effects on long-term patient outcome. Such errors can be minimized if a standard cognitive screening is employed. Use of a brief standardized instrument with adequate norms also serves to minimize interpretation bias on the basis of patient age, education, or other factors.<sup>7</sup>

No cognitive screening device should be used alone to derive a diagnosis, but it may contribute to the identification of deficits and to differential diagnosis if it samples sufficiently from major cognitive domains. The recognition of such conditions as delirium, dementia, and other psychiatric disorders depends on the routine, systematic assessment of cognition. Initial identification of cognitive impairment with a screening instrument can help determine the necessity for other neurodiagnostic techniques, such as detailed neuropsychological testing.

Furthermore, formal cognitive evaluation as a measure of treatment outcome may soon be mandated for managed care and public policy analyses. For example, Annoni et al.<sup>8</sup> used repeated cognitive screening tests to demonstrate that home-based health care for terminally ill patients resulted in improved mental status and satisfaction with care. Clinicians may also use cognitive screens to identify patients requiring increased services: patients with cognitive impairment may underreport medical problems<sup>9</sup> or fail to use medical and support services effectively,<sup>10</sup> resulting in higher long-term health care costs. Detection of cognitive impairment is also important in determining the prognosis of the patient: mental status deficits are associated with negative

outcomes ranging from cognitive decline through institutionalization to death.<sup>11,12</sup>

### Common Screening Instruments

There are a number of widely used and well-researched cognitive screening tests. Among the most commonly used instruments are the Mini-Mental State Examination<sup>13</sup> (MMSE), Cognitive Capacities Screening Examination (CCSE), and Short Portable Mental Status Questionnaire<sup>14</sup> (SPMSQ).

A number of relatively brief batteries such as the Dementia Rating Scale<sup>15</sup> (DRS) and Alzheimer Disease Assessment Scale<sup>16</sup> (ADAS) can also be considered screening tests, although they are more involved and time-consuming than the screening tests above. These batteries have often been employed in clinical trials in dementia and other disorders.<sup>17</sup>

In addition, there are a number of instruments designed for more specific purposes. For example, the Executive Interview<sup>18</sup> (EXIT) and the Frontal/Subcortical Assessment Battery<sup>19</sup> (FSAB) were designed to measure deficits commonly found in association with frontal lobe and subcortical diseases. These instruments may be of value when used in combination with general cognitive screening instruments in certain populations.

The ideal cognitive screening instrument for use by the practicing clinician would include the following features:

1. Can be administered by clinicians at all levels of training and requires 5 to 15 minutes to administer to most patients.
2. Samples from all major cognitive domains, including orientation, attention/concentration, executive, language, spatial, and memory functions.
3. Research demonstrates adequate test-retest and inter-rater reliability.
4. Research demonstrates acceptable sensitivity with disorders commonly encountered by neuropsychiatric practitioners.

Nelson et al.<sup>20</sup> reviewed the literature on the reliability and validity of a number of brief screening instruments, including the MMSE, CCSE, SPMSQ, and DRS. They concluded that all of these tests have adequate inter-rater reliability and that the MMSE and DRS have adequate test-retest reliability. However, all of the tests had substantial false negative rates, which was a particular problem when the patient populations included right hemisphere focal lesions or mild diffuse impairment. Two studies on the MMSE suggested a higher false positive rate in educationally or economically disadvantaged populations.

## STRENGTHS AND LIMITATIONS OF THE MMSE

After consideration of these findings by Nelson *et al.* and the results of the aforementioned ANPA survey, the ANPA Committee on Research decided to focus on the MMSE in this literature review. The MMSE appeared to meet most of the criteria for clinically useful screening tests delineated above, and it has been subjected to more intense research scrutiny with a broader range of diagnoses than any other instrument. Other instruments are more briefly addressed.

### Administration

The MMSE requires approximately 12 minutes to administer to most patients. Administration procedures are relatively simple and can be easily mastered by clinicians at all levels of training. However, some of the procedures are not entirely standardized, allowing variability in administration of certain items. For example, the clinician is permitted to test concentration by asking the patient either to perform serial subtraction or to spell "world" backwards. Clinicians are advised to use the same procedures with each patient (and on repeated testings to allow comparison of results) or to adopt the more standardized Modified Mini-Mental State Examination discussed later in this report.

### Content

The MMSE contains items designed to assess a reasonably wide range of functions, including orientation to time and place, attention/concentration, language functions (following a three-step command, repeating a difficult phrase, naming high-frequency items, reading and following a written command, and writing a sentence), construction, verbal learning, and short-delay recall.

The MMSE has a number of limitations in content:

1. Memory testing is limited to brief delayed recall of three words. Cullum *et al.*<sup>21</sup> demonstrated substantial variability in the recall of three words in healthy elderly patients and found only low to moderate correlations between this task and scores on neuropsychological tests of memory. The MMSE does not assess long-delay recall, which can result in false negatives in the evaluation of relatively mild memory disorder. There is also no cued or recognition memory testing; such testing may be useful in making recommendations for rehabilitation and staff or family interventions.
2. The MMSE does not directly assess executive or "frontal lobe" functions and may therefore be insensitive to disorders such as Pick's disease, in which other cognitive domains are frequently intact.
3. Assessments of most abilities are limited to a single item, and there is no graded scoring. For example, the relatively complex intersecting pentagon drawing is scored either correct or incorrect.
4. Administration is not well standardized, resulting in variability across examiners. For example, the two measures of attention (serial sevens and spelling "world" backwards) are often used interchangeably, but the latter is a significantly easier test for most subjects.<sup>22</sup>
5. The MMSE presents relatively modest intellectual challenges and is insensitive to mild cognitive changes.<sup>23</sup>

### Reliability

The MMSE has been shown to have adequate test-retest (0.89) and interrater (0.82) reliability.<sup>13</sup>

### Validity

**Dementia:** The MMSE successfully discriminates patients with dementia of the Alzheimer's type from normal subjects with 87% sensitivity and 82% specificity.<sup>13</sup> MMSE scores correlate with EEG abnormalities: demented patients with equivocal impairment (42%) and most patients with mild to moderate impairment (65%) on the MMSE have abnormal EEGs.<sup>24</sup>

The MMSE appears to be sensitive to longitudinal change in dementia as well.<sup>25</sup> Ashford *et al.*<sup>26</sup> demonstrated a systematic progression of the development of symptoms in Alzheimer's disease through item analysis of the MMSE. Temporal orientation was lost before spatial and object orientation, and recollection of words was lost before ability to repeat them. Low "normal" range scores of 24 or 25 have been shown to predict later development of dementia in a sample of patients with mean age of 81 who were followed over a 6-year period.<sup>27</sup> In another longitudinal study of outpatients with dementia, Uhlmann *et al.*<sup>28</sup> showed that MMSE at entry was significantly correlated with change in living arrangement and mortality during a subsequent year of follow-up.

The MMSE appears to be insensitive to mild levels of dementia.<sup>16,20,29,30</sup> For example, Nadler *et al.*<sup>23</sup> reported a 40% false negative rate in patients displaying mild impairment on formal neuropsychological testing. The MMSE does not provide the detailed information necessary to distinguish among different types of dementia (a limitation shared by most screening measures).

**Delirium:** The MMSE is capable of detecting patients with delirium or combined delirium and dementia.<sup>31</sup> Hier *et al.*<sup>32</sup> tested three measures of confusion in a

medical intensive care unit. The MMSE, Clinical Assessment of Confusion-A, and Visual Analog Scale of Confusion were administered to 53 critically ill patients for 3 to 8 days. Psychometric analyses demonstrated the MMSE was a reliable, valid instrument in this population, and high correlations were found between the MMSE and the other instruments.

The MMSE may also be used to track recovery from delirium.<sup>33</sup> In fact, the MMSE has been found to correlate with longitudinal changes in EEG in a prospective study of nursing home patients with delirium.<sup>34</sup> Fields et al.<sup>35</sup> found that elderly patients who recovered from cognitive impairment (presumably with delirium and reversible dementias) had higher scores initially on the MMSE when tested prior to recovery.

*Focal Lesions:* The MMSE was originally designed to evaluate dementia, not focal neurologic disorders, but neuropsychiatrists require an instrument that is reasonably sensitive to these disorders as well. Previous vascular events, presence of plaques in the carotid arteries, and presence of peripheral arterial atherosclerotic disease are associated with worse MMSE performance independent of the effects of age and education.<sup>36</sup>

However, the MMSE is insensitive to "silent" stroke (stroke without obvious sensorimotor change).<sup>37</sup> The MMSE also appears to be limited in detecting mental status changes in multiple sclerosis that are detectable by more formal neuropsychological assessment.<sup>38,39</sup> Beatty and Goodkin<sup>40</sup> studied 85 patients with clinically definite multiple sclerosis who also received an extensive battery of neuropsychological tests. Although scores on the MMSE were negatively correlated with a number of neuropsychological tests, the MMSE was not sufficiently sensitive to identify dementia in these patients.

Perhaps consequent to the content weaknesses noted previously, the MMSE has been shown to have poor sensitivity to visuospatial deficits due to right hemisphere stroke<sup>4</sup> and other right brain lesions.<sup>41,42</sup> Similarly, because of the absence of long-delay recall testing, the MMSE can fail to detect amnesia. For example, Benedict and Brandt<sup>43</sup> demonstrated that patients with severe amnesic deficits on neuropsychological testing were nonetheless able to perform above the standard cutoff on the MMSE, and many even passed the three-item recall. Supplementary tests of spatial abilities and memory over a longer retention interval are essential in these patient groups.

Data are mixed regarding the sensitivity of the MMSE to executive, self-regulatory, or "frontal lobe" deficits. Although the MMSE was not designed to measure behavior in these domains directly, several studies have

demonstrated correlations between MMSE scores and tests of executive functions in normal elderly subjects.<sup>44</sup> However, other studies have shown that the MMSE is insensitive to executive impairment demonstrated on such alternative measures as the EXIT in patients with dementing illnesses.<sup>45</sup> Rothlind and Brandt<sup>19</sup> found that patients with dementia of Huntington's disease and Parkinson's disease performed as well as normal control subjects on the MMSE but significantly worse on the FSAB. Discriminant function analyses yielded significantly higher rates of accurate classification with FSAB and MMSE combined than with MMSE alone. The authors recommended the FSAB as an adjunct to the MMSE for brief assessments of patients with suspected frontal or subcortical pathology.

The language-dependent content of the MMSE makes it sensitive to aphasia, and aphasic patients frequently fail both the "language" and "nonlanguage" items of the MMSE.<sup>46,47</sup>

*Psychiatric Disorders:* O'Boyle et al.<sup>48</sup> demonstrated that "pseudodemented" depressed subjects who recovered with treatment improved significantly on the MMSE. Both initial poor performance on the MMSE and deterioration in scores are associated with increased risk of hospitalization, more hospital days, and longer average length of stay for psychiatric disorders.<sup>49</sup>

The MMSE may not detect subtle cognitive deficits produced by psychiatric conditions that cause no other demonstrable neurologic dysfunction. The MMSE was not able to detect deficits in many psychiatric patients who demonstrated significant abnormalities on a neuropsychological battery.<sup>50</sup> Lamarre and Patten<sup>51</sup> also found that the MMSE had low sensitivity in psychiatric disorders, with the standard cutoff yielding a sensitivity of only 38%. MMSE scores are not related to response to neuroleptics in patients with schizophrenia.<sup>52</sup>

#### Norms

Most studies have shown that scores on the MMSE vary with age and education, independent of medical status.<sup>53</sup> Community-dwelling elderly individuals with lower education are more likely to score below the standard cutoff of 24, in the absence of demonstrable neurologic disease.<sup>54,55</sup> For example, Worrall<sup>56</sup> found that the most accurate lower limits of normal for MMSE scores (and their attendant sensitivities and specificities) were 21 for middle school (0.82/0.94), 23 for high school (0.79/0.97), and 24 for college/graduate school (0.83/1.00) attainment. Degree of literacy is also strongly related to MMSE performance, particularly on language items.<sup>57</sup>

Crum et al.<sup>58</sup> conducted a study to derive age- and

education-corrected norms for the MMSE, based on data from the National Institute of Mental Health Epidemiologic Catchment Area Program surveys conducted between 1980 and 1984. MMSE scores were found to be related to both age and educational level. In reviewing these data, Cummings<sup>7</sup> noted that mean MMSE scores of individuals with 0 to 4 years of education were 19 to 25 (depending on age), whereas mean scores of those with college education were 27 to 29. Based on the lower quartile, he suggested cutoffs of 19 for those with 0 to 4 years of education, 23 for those with 5 to 8 years, 27 for those with 9 to 12 years, and 29 for those with college education.

Bleecker *et al.*<sup>59</sup> have also provided age-corrected norms on a sample of 194 healthy men and women carefully screened for systemic, neurologic, or psychiatric illness that might affect cognition. The resultant sample appeared to represent "supernormals," in that their mean years of education ranged from 13 to 16 (depending on age group) and they were free of medical problems at an advanced age. Such characteristics are not typical of the population at large. Determining what is "normal" in an aging population is a difficult issue common to all such normative studies.

Ethnicity and native language also affect MMSE scores. A Spanish version of the MMSE<sup>60</sup> has been shown to be more accurate in detecting severe cognitive impairment in native Spanish speakers. Escobar *et al.*<sup>61</sup> conducted an item analysis of the MMSE in a sample with mixed ethnicity (Hispanic and non-Hispanic). They found that ethnicity and language had the greatest effects on the orientation items (season, state, county), the attention items (calculation and backward spelling), and the repetition item—probably because the idiomatic expression was translated literally. When these items were dropped and a new cutoff of 9 errors was used, the prevalence of cognitive impairment in Hispanics and non-Hispanics was similar. Chinese- and Finnish-language versions of the MMSE have also been developed,<sup>62,63</sup> and interesting cultural/ethnic differences have been observed (for example, elderly Chinese subjects had better recall but poorer copying than elderly Finnish subjects) that warrant further investigation.

The setting in which a test is to be used is an important factor in determining appropriate cutoff scores because base rates of a disorder affect the sensitivity and specificity of a test. Norms appropriate to a clinic where most patients are later found to have dementia may yield high false positive rates when used in community screening. Thus, in one study,<sup>64</sup> only one-third of one community sample scoring below the "standard" cutoff of 24 were found to be demented on further evaluation; the remainder had psychiatric disorders or received no

diagnosis. Similarly, use of Bleecker and colleagues'<sup>59</sup> cutoffs in a community sample would likely identify as impaired many patients with low education but without neuropsychiatric disorders.

## PROMISING NEWER INSTRUMENTS AND MODIFICATIONS OF THE MMSE

### Modified Mini-Mental State Examination (3MSE)

The 3MSE<sup>65</sup> addresses some of the limitations of the MMSE by making administration procedures more explicit and expanding the number and difficulty level of items to "test the limits" of patient ability. The range of scores for the 3MSE is 0 to 100, and a standard cutoff of 79 recommended. (This scoring compares with a range of 0 to 30 and a cutoff of 24 for the MMSE.) The standard MMSE items are embedded in the 3MSE, allowing the user to extract MMSE scores if desired for clinical or research purposes. The 3MSE takes about 30 minutes to administer, however. There have not been adequate normative studies to allow the clinician to correct for the effects of age and education.

Research on the 3MSE is limited, but studies to date are encouraging. Ronnberg and Ericsson<sup>66</sup> used the 3MSE successfully to identify demented persons in both community and institutionalized samples for an epidemiological study. Grace *et al.*<sup>4</sup> directly compared the MMSE and 3MSE in a group of patients in a stroke rehabilitation program who were administered both tests on entry into treatment and at discharge. They found that the 3MSE had higher correlations with neuropsychological test results than the MMSE and was a better predictor of functional outcome of rehabilitation. However, neither instrument was sensitive to many deficits in patients with right hemisphere stroke. Lamarre and Patten<sup>51</sup> found that the 3MSE was somewhat more sensitive to cognitive deficit in psychiatric populations, a traditional weakness of the MMSE.

### Neurobehavioral Cognitive Status Examination (NCSE)

The NCSE evaluates cognitive functioning within five major ability areas: language, constructions, memory, calculations, and reasoning. The examination separately assesses level of consciousness, orientation, and attention. The NCSE requires about 45 minutes to administer, considerably more time than the MMSE. The original article introducing the NCSE<sup>67</sup> provided standardization data for 119 healthy adults (ages 20–92 years) and for 30 patients receiving neurosurgical care for brain lesions (ages 25–88 years).

The NCSE is sensitive to subtle postoperative cogni-

tive changes in neurosurgical patients.<sup>68</sup> Schwamm et al.<sup>41</sup> also showed that the NCSE is more sensitive in the detection of cognitive dysfunction than the MMSE or CCSE in neurosurgical patients. They compared the three examinations in 30 patients with documented brain lesions. The false negative rate was 53% for the CCSE, 43% for the MMSE, and only 7% for the NCSE. They argued that the greater sensitivity of the NCSE was derived from the use of independent tests to assess skills within five major areas of cognitive functioning and the use of graded tasks within each of these cognitive domains. Mysiw et al.<sup>69</sup> demonstrated that the NCSE was a more sensitive indicator of functional impairment in stroke rehabilitation patients than the MMSE (especially in subsections of orientation and memory) and that it predicted functional status change as a result of inpatient stroke rehabilitation.

Hill et al.<sup>70</sup> tested a total of 866 psychiatric patients (ages 15–92 years) with the NCSE shortly after hospital admission. Data revealed consistently poorer performance for psychiatric patients relative to the original normative sample. Pearson product-moment correlations between age and each NCSE subtest similarly yielded significant negative correlations, particularly on tests predicted to be differentially sensitive to aging. They concluded that the NCSE provides a moderately

valid screening instrument for cognitive impairment in psychiatric patients.

Englehart et al.<sup>71</sup> examined the psychometric properties of the NCSE in another large, heterogeneous psychiatric sample. They confirmed the sensitivity of the instrument to the presence of cognitive impairment, but they questioned its specificity. They found that the instrument was not very successful at differentiating subjects with evidence of "organicity" (based primarily on neurologic examination, sometimes supplemented by neuroimaging) from those with major psychiatric disorder only. Of course, the NCSE may have correctly identified cognitive impairment in these psychiatric patients who were referred clinically for neuropsychological testing. No independent criterion measure for cognitive impairment was reported (such as agreement with results of neuropsychological tests).

In a similar study that used psychiatrist judgment as the criterion, Ashford<sup>72</sup> examined the ability of the NCSE to detect global cognitive impairment among geriatric inpatients in comparison to the MMSE. Comparisons of the MMSE and NCSE revealed, respectively, the following: sensitivity, 83% versus 100%; specificity, 78% versus 11%; positive predictive value, 83% versus 43%; and negative predictive value, 78% versus 100%. Thus, the NCSE was found to be more sensitive than the

TABLE 1. Mini-Mental State Examination score by age and educational level. Data from the Epidemiologic Catchment Area household surveys between 1980 and 1984. The data are weighted based on the 1980 U.S. population census by age, sex, and race

| Educational Level                   | Age (years) |       |       |       |       |       |       |       |       |       |       |       |       |      | Total  |
|-------------------------------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|--------|
|                                     | 18–24       | 25–29 | 30–34 | 35–39 | 40–44 | 45–49 | 50–54 | 55–59 | 60–64 | 65–69 | 70–74 | 75–79 | 80–84 | ≥ 85 |        |
| 0–4 years                           |             |       |       |       |       |       |       |       |       |       |       |       |       |      |        |
| n                                   | 17          | 23    | 41    | 33    | 36    | 28    | 34    | 49    | 88    | 126   | 139   | 112   | 105   | 61   | 892    |
| Mean                                | 22          | 25    | 25    | 23    | 23    | 23    | 23    | 22    | 23    | 22    | 22    | 21    | 20    | 19   | 22     |
| SD                                  | 2.9         | 2.0   | 2.4   | 2.5   | 2.6   | 3.7   | 2.6   | 2.7   | 1.9   | 1.9   | 1.7   | 2.0   | 2.2   | 2.9  | 2.3    |
| 5–8 years                           |             |       |       |       |       |       |       |       |       |       |       |       |       |      |        |
| n                                   | 94          | 83    | 74    | 101   | 100   | 121   | 154   | 208   | 310   | 633   | 533   | 437   | 241   | 134  | 3,223  |
| Mean                                | 27          | 27    | 26    | 26    | 27    | 26    | 27    | 26    | 26    | 26    | 26    | 25    | 25    | 23   | 26     |
| SD                                  | 2.7         | 2.5   | 1.8   | 2.8   | 1.8   | 2.5   | 2.4   | 2.9   | 2.3   | 1.7   | 1.8   | 2.1   | 1.9   | 3.3  | 2.2    |
| 9–12 years or high school diploma   |             |       |       |       |       |       |       |       |       |       |       |       |       |      |        |
| n                                   | 1,326       | 958   | 822   | 668   | 489   | 423   | 462   | 525   | 626   | 814   | 550   | 315   | 163   | 99   | 8,240  |
| Mean                                | 29          | 29    | 29    | 28    | 28    | 28    | 28    | 28    | 28    | 28    | 27    | 27    | 25    | 26   | 28     |
| SD                                  | 2.2         | 1.3   | 1.3   | 1.8   | 1.9   | 2.4   | 2.2   | 2.2   | 1.7   | 1.4   | 1.6   | 1.5   | 2.3   | 2.0  | 1.9    |
| College experience or higher degree |             |       |       |       |       |       |       |       |       |       |       |       |       |      |        |
| n                                   | 783         | 1,012 | 989   | 641   | 354   | 259   | 220   | 231   | 270   | 358   | 255   | 181   | 96    | 52   | 5,701  |
| Mean                                | 29          | 29    | 29    | 29    | 29    | 29    | 29    | 29    | 29    | 29    | 28    | 28    | 27    | 27   | 29     |
| SD                                  | 1.3         | 0.9   | 1.0   | 1.0   | 1.7   | 1.6   | 1.9   | 1.5   | 1.3   | 1.0   | 1.6   | 1.6   | 0.9   | 1.3  | 1.3    |
| Total                               |             |       |       |       |       |       |       |       |       |       |       |       |       |      |        |
| n                                   | 2,220       | 2,076 | 1,926 | 1,443 | 979   | 831   | 870   | 1,013 | 1,294 | 1,931 | 1,477 | 1,045 | 605   | 346  | 18,056 |
| Mean                                | 29          | 29    | 29    | 29    | 28    | 28    | 28    | 28    | 28    | 27    | 27    | 26    | 25    | 24   | 28     |
| SD                                  | 2.0         | 1.3   | 1.3   | 1.8   | 2.0   | 2.5   | 2.4   | 2.5   | 2.0   | 1.6   | 1.8   | 2.1   | 2.2   | 2.9  | 2.0    |

Note: Adapted, by permission, from R. M. Crum et al., "Population-Based Norms for the Mini-Mental State Examination by Age and Educational Level" (JAMA 1993; 269:2386–2391); copyright © 1993 American Medical Association.

MMSE in detecting cognitive impairment, but its specificity and positive predictive values were lower.

## RECOMMENDATIONS FOR SCREENING PROCEDURES

The ANPA Committee on Research recommends that clinicians use a standard screening instrument as part of the initial assessment of cognitive functions in order to minimize false negative errors in initial evaluations, allow for treatment outcome research in neuropsychiatric disorders, and facilitate collaboration across sites.

The optimum screening instrument for neuropsychiatric mental status has yet to be developed. In the interim, the many ANPA members who choose the MMSE should be aware of its strengths and limitations.

As the foregoing review illustrates, the MMSE has a number of compelling advantages: widespread popularity, ease of use, and a large body of research demonstrating its sensitivity to common neuropsychiatric disorders. We recommend that clinicians who employ this popular instrument use it as a minimum screening for cognitive dysfunction. Clinicians should employ age- and education-normative corrections in interpretation of MMSE scores. For the convenience of the reader, norms from the Epidemiologic Catchment Area study<sup>58</sup> are presented in Table 1.

Many of the limitations of the MMSE have been addressed by the 3MSE, and the Committee on Research endorses its use whenever possible. Although the 3MSE has not yet received the same research scrutiny as the MMSE, standard MMSE scores can be abstracted from the 3MSE. Thus, little is lost by its routine use (except

increased administration time), whereas the gains include increased standardization of administration procedures and detailed testing of specific abilities that can be useful in differential diagnosis.

The Committee on Research also recommends that the MMSE or 3MSE be supplemented by specific measures of spatial functions, delayed memory, and executive abilities not adequately sampled by the MMSE. Supplementary tests are particularly important when the clinician suspects right hemisphere dysfunction (as in lateralized stroke), amnesic disorder without dementia, or frontal lobe involvement (for example, personality change in a demented patient suggesting a frontal lobe degeneration). Of course, in most patients the differential diagnosis is initially broad, and the wise clinician will routinely sample widely across cognitive domains.

Clinicians working in settings in which they see a high proportion of acute neurological or neurosurgical patients should consider using the NCSE. The NCSE is not as well researched as some other measures such as the MMSE or CCSE, but it appears to have certain advantages in patients with focal lesions. Its specificity in mixed psychiatric and neurologic populations remains to be clearly established.

Finally, it is important to emphasize that cognitive assessment is only one aspect of the thorough evaluation of the patient.<sup>73</sup> Medical history, family report, emotional functioning, demeanor and social behavior, and functioning in activities of daily living must all be included in the neuropsychiatric examination. Laboratory tests and neuroimaging will confirm or fail to support diagnostic hypotheses generated by the initial neuropsychiatric examination.

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