

# Burn's Depression Checklist

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions: Put a check <input checked="" type="checkbox"/> to indicate how much you have experienced each symptom during the past week, including today. Please answer all 25 items.		0 = Not At All	1 = Somewhat	2 = Moderately	3 = A Lot	4 = Extremely
<b>Thoughts and Feelings</b>						
1	Feeling sad or down in the dumps					
2	Feeling unhappy or blue					
3	Crying spells or tearfulness					
4	Feeling discouraged					
5	Feeling hopeless					
6	Low self-esteem					
7	Feeling worthless or inadequate					
8	Guilt or shame					
9	Criticizing yourself or blaming others					
10	Difficulty making decisions					
<b>Activities and Personal Relationships</b>						
11	Loss of interest in family, friends or colleagues					
12	Loneliness					
13	Spending less time with family or friends					
14	Loss of motivation					
15	Loss of interest in work or other activities					
16	Avoiding work or other activities					
17	Loss of pleasure or satisfaction in life					
<b>Physical Symptoms</b>						
18	Feeling tired					
19	Difficulty sleeping or sleeping too much					
20	Decreased or increased appetite					
21	Loss of interest in sex					
22	Worrying about your health					
<b>Suicidal Urges</b>						
23	Do you have any suicidal thoughts?					
24	Would you like to end your life?					
25	Do you have a plan for harming yourself?					
Please Total Your Score on Items 1-25 Here:						

Total Score	Level of Depression
No Depression	0-5
Normal but unhappy	6-10
Mild depression	11-25
Moderate depression	26-50
Severe depression	51-75
Extreme depression	76-100

## GERIATRIC DEPRESSION SCALE (Short Form)

Choose the best answer for how you have felt over the past week:

- |   |                 |
|---|-----------------|
| 1. Are you basically satisfied with your life?                                | YES / <b>NO</b> |
| 2. Have you dropped many of your activities and interests?                    | <b>YES</b> / NO |
| 3. Do you feel that your life is empty?                                       | <b>YES</b> / NO |
| 4. Do you often get bored?  | <b>YES</b> / NO |
| 5. Are you in good spirits most of the time?                                  | YES / <b>NO</b> |
| 6. Are you afraid that something bad is going to happen to you?               | <b>YES</b> / NO |
| 7. Do you feel happy most of the time?  | YES / <b>NO</b> |
| 8. Do you often feel helpless?  | <b>YES</b> / NO |
| 9. Do you prefer to stay at home, rather than going out and doing new things? | <b>YES</b> / NO |
| 10. Do you feel you have more problems with memory than most?                 | <b>YES</b> / NO |
| 11. Do you think it is wonderful to be alive now?                             | YES / <b>NO</b> |
| 12. Do you feel pretty worthless the way you are now?                         | <b>YES</b> / NO |
| 13. Do you feel full of energy?   | YES / <b>NO</b> |
| 14. Do you feel that your situation is hopeless?                              | <b>YES</b> / NO |
| 15. Do you think that most people are better off than you are?                | <b>YES</b> / NO |

Answers in **bold** indicate depression. Although differing sensitivities and specificities have been obtained across studies, for clinical purposes a score >5 points is suggestive of depression and should warrant a follow-up interview. Scores >10 are almost always depression.

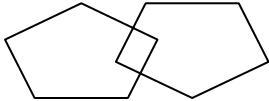
(Sheikh & Yesavage, 1986)

# Mini-Mental State Examination (MMSE)

Patient's Name: \_\_\_\_\_

Date: \_\_\_\_\_

***Instructions:*** Ask the questions in the order listed. Score one point for each correct response within each question or activity.

Maximum Score	Patient's Score	Questions
5		"What is the year? Season? Date? Day of the week? Month?"
5		"Where are we now: State? County? Town/city? Hospital? Floor?"
3		The examiner names three unrelated objects clearly and slowly, then asks the patient to name all three of them. The patient's response is used for scoring. The examiner repeats them until patient learns all of them, if possible. Number of trials: _____
5		"I would like you to count backward from 100 by sevens." (93, 86, 79, 72, 65, ...) Stop after five answers. Alternative: "Spell WORLD backwards." (D-L-R-O-W)
3		"Earlier I told you the names of three things. Can you tell me what those were?"
2		Show the patient two simple objects, such as a wristwatch and a pencil, and ask the patient to name them.
1		"Repeat the phrase: 'No ifs, ands, or buts.'"
3		"Take the paper in your right hand, fold it in half, and put it on the floor." (The examiner gives the patient a piece of blank paper.)
1		"Please read this and do what it says." (Written instruction is "Close your eyes.")
1		"Make up and write a sentence about anything." (This sentence must contain a noun and a verb.)
1		"Please copy this picture." (The examiner gives the patient a blank piece of paper and asks him/her to draw the symbol below. All 10 angles must be present and two must intersect.) 
30		TOTAL

(Adapted from Rovner & Folstein, 1987)

## **Instructions for administration and scoring of the MMSE**

### **Orientation (10 points):**

- Ask for the date. Then specifically ask for parts omitted (e.g., "Can you also tell me what season it is?"). One point for each correct answer.
- Ask in turn, "Can you tell me the name of this hospital (town, county, etc.)?" One point for each correct answer.

### **Registration (3 points):**

- Say the names of three unrelated objects clearly and slowly, allowing approximately one second for each. After you have said all three, ask the patient to repeat them. The number of objects the patient names correctly upon the first repetition determines the score (0-3). If the patient does not repeat all three objects the first time, continue saying the names until the patient is able to repeat all three items, up to six trials. Record the number of trials it takes for the patient to learn the words. If the patient does not eventually learn all three, recall cannot be meaningfully tested.
- After completing this task, tell the patient, "Try to remember the words, as I will ask for them in a little while."

### **Attention and Calculation (5 points):**

- Ask the patient to begin with 100 and count backward by sevens. Stop after five subtractions (93, 86, 79, 72, 65). Score the total number of correct answers.
- If the patient cannot or will not perform the subtraction task, ask the patient to spell the word "world" backwards. The score is the number of letters in correct order (e.g., dlrow=5, dlrow=3).

### **Recall (3 points):**

- Ask the patient if he or she can recall the three words you previously asked him or her to remember. Score the total number of correct answers (0-3).

### **Language and Praxis (9 points):**

- Naming: Show the patient a wrist watch and ask the patient what it is. Repeat with a pencil. Score one point for each correct naming (0-2).
- Repetition: Ask the patient to repeat the sentence after you ("No ifs, ands, or buts."). Allow only one trial. Score 0 or 1.
- 3-Stage Command: Give the patient a piece of blank paper and say, "Take this paper in your right hand, fold it in half, and put it on the floor." Score one point for each part of the command correctly executed.
- Reading: On a blank piece of paper print the sentence, "Close your eyes," in letters large enough for the patient to see clearly. Ask the patient to read the sentence and do what it says. Score one point only if the patient actually closes his or her eyes. This is not a test of memory, so you may prompt the patient to "do what it says" after the patient reads the sentence.
- Writing: Give the patient a blank piece of paper and ask him or her to write a sentence for you. Do not dictate a sentence; it should be written spontaneously. The sentence must contain a subject and a verb and make sense. Correct grammar and punctuation are not necessary.
- Copying: Show the patient the picture of two intersecting pentagons and ask the patient to copy the figure exactly as it is. All ten angles must be present and two must intersect to score one point. Ignore tremor and rotation.

(Folstein, Folstein & McHugh, 1975)

### **Interpretation of the MMSE**

Method	Score	Interpretation
Single Cutoff	<24	Abnormal
Range	<21	Increased odds of dementia
	>25	Decreased odds of dementia
Education	21	Abnormal for 8 <sup>th</sup> grade education
	<23	Abnormal for high school education
	<24	Abnormal for college education
Severity	24-30	No cognitive impairment
	18-23	Mild cognitive impairment
	0-17	Severe cognitive impairment

### **Sources:**

- Crum RM, Anthony JC, Bassett SS, Folstein MF. Population-based norms for the mini-mental state examination by age and educational level. *JAMA*. 1993;269(18):2386-2391.
- Folstein MF, Folstein SE, McHugh PR. "Mini-mental state": a practical method for grading the cognitive state of patients for the clinician. *J Psychiatr Res*. 1975;12:189-198.
- Rovner BW, Folstein MF. Mini-mental state exam in clinical practice. *Hosp Pract*. 1987;22(1A):99, 103, 106, 110.
- Tombaugh TN, McIntyre NJ. The mini-mental state examination: a comprehensive review. *J Am Geriatr Soc*. 1992;40(9):922-935.

## MONTREAL COGNITIVE ASSESSMENT (MOCA)

NAME :

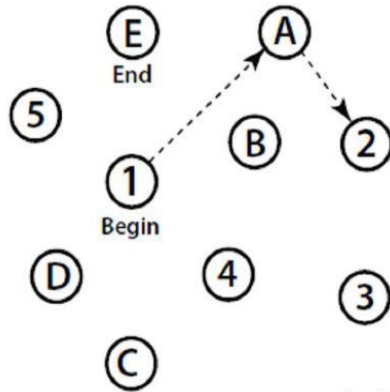
Education :

Sex :

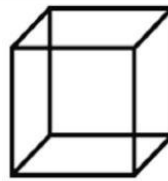
Date of birth :

DATE :

## VISUOSPATIAL / EXECUTIVE



[ ]

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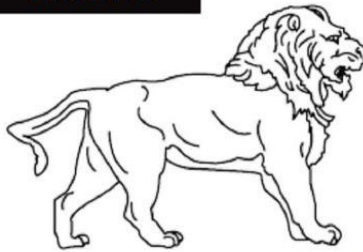
[ ]

Draw CLOCK (Ten past eleven)  
(3 points)[ ]  
Contour[ ]  
Numbers[ ]  
Hands

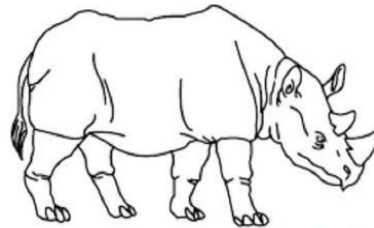
POINTS

\_\_\_/5

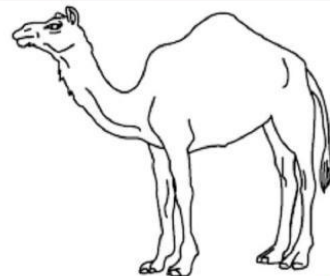
## NAMING



[ ]



[ ]



[ ]

\_\_\_/3

## MEMORY

Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.

	FACE	VELVET	CHURCH	DAISY	RED
1st trial					
2nd trial					

No  
points

## ATTENTION

Read list of digits (1 digit/ sec.).

Subject has to repeat them in the forward order

[ ] 2 1 8 5 4

Subject has to repeat them in the backward order

[ ] 7 4 2

\_\_\_/2

Read list of letters. The subject must tap with his hand at each letter A. No points if  $\geq 2$  errors

[ ] FBACMNAAJKLBAFAKDEAAAJAMOF AAB

\_\_\_/1

Serial 7 subtraction starting at 100

[ ] 93

[ ] 86

[ ] 79

[ ] 72

[ ] 65

4 or 5 correct subtractions: 3 pts, 2 or 3 correct: 2 pts, 1 correct: 1 pt, 0 correct: 0 pt

\_\_\_/3

## LANGUAGE

Repeat : I only know that John is the one to help today. [ ]

The cat always hid under the couch when dogs were in the room. [ ]

\_\_\_/2

Fluency / Name maximum number of words in one minute that begin with the letter F [ ] \_\_\_\_ (N  $\geq$  11 words)

\_\_\_/1

## ABSTRACTION

Similarity between e.g. banana - orange = fruit [ ] train - bicycle [ ] watch - ruler

\_\_\_/2

## DELAYED RECALL

Has to recall words  
WITH NO CUEFACE  
[ ]VELVET  
[ ]CHURCH  
[ ]DAISY  
[ ]RED  
[ ]Points for  
UNCUED  
recall only

\_\_\_/5

## Optional

Category cue

Multiple choice cue

## ORIENTATION

[ ] Date

[ ] Month

[ ] Year

[ ] Day

[ ] Place

[ ] City

\_\_\_/6

## Saint Louis University Mental Status (SLUMS) Examination

1. What day of the week is it? (1 point for the right answer)
2. What is the year? (1 point)
3. What state are we in? (1 point)
4. Please remember these five objects. I will ask you what they are later: apple, pen, tie, house, car. (No points yet)
5. You have \$100 and you go to the store and buy a dozen apples for \$3 and a tricycle for \$20.
  - How much did you spend? (1 point)
  - How much do you have left? (2 points)
6. Please name as many animals as you can in one minute. (No point for naming 0-4; 1 point for naming 5-9; 2 points for naming 10-14; and 3 points for naming 15 or more.)
7. What were the five objects I asked you to remember? (1 point for each object remembered.)
8. I am going to say a series of numbers and I would like you to give them to me backwards. For example, if I say 42, you would say 24.
  - 87 (0 points)
  - 649 (1 point)
  - 8537 (1 point)
9. (Draw circle.) This circle represents a clock face. Please put in the hour markers and the time at ten minutes to eleven o'clock.
  - (2 points for hour markers labeled correctly)
  - (2 points for correct time)
10. (Show a triangle, a square and a rectangle.) Please place an X in the triangle. (1 point)
11. Which of those objects is the largest? (1 point)
12. I am going to tell you a story. Please listen carefully because afterward, I'm going to ask you some questions about it.

Jill was a very successful stockbroker. She made a lot of money in the stock market. She then met Jack, a devastatingly handsome man. She married him and had three children. They lived in Chicago. She then stopped working and stayed at home to bring up her children. When they were teenagers, she went back to work. She and Jack lived happily ever after.

- What was the female's name? (2 points)
- When did she go back to work? (2 points)
- What work did she do? (2 points)
- What state did she live in? (2 points)

**SCORING:** High school education: Normal: 27-30; Mild neurocognitive disorder: 21-26; Dementia: 1-20. Less than high school education: Normal: 25-30; Mild neurocognitive disorder: 20-24; Dementia: 1-19.