

MINI-MENTAL STATE EXAM (MMSE)

The MMSE is one, of thousands, paper and pencil type tests that quack psychologists give people who are believed to have dementia/alzheimers. The fact is, those tests do not usually have any better accuracy for determining memory ability and impairment than a flip of a coin.

Those quacks use those paper and pencil type tests, along with their fancy title of "PhD", to make people think they have a special ability to say whether a person is "incapacitated". BS! What they are claiming is a complete lie and is extremely dangerous to the person taking that and other types of tests. What the quack says, based on those fake tests, will determine a person's future, both financially and personally. Those quacks spend maybe a hour or two with the person who is taking those tests, but the quack NEVER records the sessions using a simple cell phone to record the audio and video of what the person says or does not say something, especially how the person says their answers to the various questions of the fake tests. Most important, the recording will prove any claims made by the person taking the tests if the person challenges what the quack wrote in their report. In other words, without recording the person's session, there is NO proof of what the quack is claiming in his report, especially if it is for a court of law to determine "incapacitation". Therefore, without a recording, there is NO proof that such a testing session was ever done. IS that how a person, with a PhD, thinks is the proper way of dealing with a patient? WTF?

If the quack is being paid by the court for a possible guardianship, a recording of the session must always be made. Some quacks only do those possible guardianship cases for the money. If so, by using a simple cut and paste of one name for another, using the same report, the quack can make about \$5,000 per person without ever having to write another report. WTF?

Mini-Mental State Exam (MMSE) Alzheimer's / Dementia Test: Administration, Accuracy and Scoring



([https://twitter.com/intent/tweet?url=https://www.dementiacarecentral.com/mini-mental-](https://twitter.com/intent/tweet?url=https://www.dementiacarecentral.com/mini-mental-state-exam/)



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Last Updated: October 16, 2025

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The most common tool for assessing the severity of a person's Alzheimer's disease, or related dementia, is the Mini-Mental State Exam. It's also known as the Folstein Test or MMSE. While designed to be administered in a doctor's office or clinical setting, the Mini-Mental State Exam is a short and effective test that can also be taken at home. You can download a copy of the test from the National Institute of Health by clicking here (<https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/bc-guidelines/cogimp-smmse.pdf>). You can also download a different version of the test from the Australian government here (<https://www.ihacpa.gov.au/health-care/classification/subacute-and-non-acute-care/standardised-mini-mental-state-examination>).

Scoring the test is very straightforward, and family members or loved ones can manage the administration and scoring process without special training. However, consulting with a medical professional to interpret the scoring and layer on other diagnostic approaches is recommended.

What follows in the rest of this article is everything you need to know about the exam.

What is the Mini-Mental State Exam?

The Mini-Mental State Exam (MMSE) is a test used to measure thinking ability and cognitive impairment. If you suspect that you or a loved one might be developing Alzheimer's disease or another dementia, the MMSE is a step toward making a diagnosis. The test is also used by researchers who study Alzheimer's disease to differentiate the stages of dementia.

→ A low score on the MMSE does not mean there is a guarantee of dementia or Alzheimer's. It's important to remember that no true diagnosis can be made without further tests from a doctor. A low score simply means one should make a doctor's appointment for an expert evaluation.

***** Help is Here: Dementia patients and their families can use a free online test by clicking here (<https://www.dementiacarecentral.com/medicaid-eligibility-test-dementia/>) to see if they qualify for Medicaid, which covers the full cost of nursing homes and long-term care services in assisted living, memory care or at home. They can also receive free assistance finding memory care residences that match their needs by clicking here (<https://www.dementiacarecentral.com/memory-care-form/>).

How Does It Work?

The Mini-Mental State Exam (MMSE) poses a series of questions that test brain function. The answers can help uncover cognitive deficiencies that are common in dementia patients. These can include problems in the following areas:

- Memory
- Concentration
- Motor skills
- Language competency
- Orientation to time and place
- Spatial awareness
- Problem solving

To get an idea of how those brain functions are tested by the MMSE, here are some sample questions:

- What city, state and country are we in?
- Name three unrelated objects.
- Repeat the following: "No ifs, ands, or buts."
- What is this called? (The tester shows the subject a pencil or watch.)

Test subjects receive a point for each correct answer. A score of 23 or below on the MMSE's 30-

point scale is considered indicative of dementia. As mentioned above, this is not a diagnosis of dementia, but rather an indication that one should be evaluated by an expert. A neurologist would factor the MMSE score in with other data, such as medical history, brain scans, neurological exams and even genetic testing.

Pros and Cons

Any test will have its advantages and disadvantages, and the Mini-Mental State Exam (MMSE) is no exception.

MMSE Pros:

- Useful in multiple ways - The MMSE is primarily used to screen for suspected dementia, but it can also help estimate the stage and severity of dementia for someone who has the disease, and it can show changes over time if taken at regular intervals, like every year or six months.
- Easy to administer - No special equipment or training is necessary.
- Short and simple - The test only takes about 10 minutes to complete.

MMSE Cons:

- Education bias - Highly educated people with dementia can score 24 or more, while people below an eighth-grade education level who do not have dementia can score 23 or below.
- • Not sensitive to Mild Cognitive Impairment (<https://www.dementiacarecentral.com/aboutdementia/othertypes/mci/>) - The MMSE is not always precise when it comes to Mild Cognitive Impairment or early dementia. In other words, people in the beginning stages of dementia may score well above 24.

Accuracy

The Mini-Mental State Exam (MMSE) is most accurate when it comes to determining the severity of existing dementia, but it can be used for multiple purposes. According to this analysis (<https://pubmed.ncbi.nlm.nih.gov/18579155/>) of 34 dementia studies and five mild cognitive impairment studies, when the MMSE was used in memory care settings it had a sensitivity of 80%, which means it accurately identified if someone had dementia 80% of the time, and it had a specificity of 81%, which means it accurately identified if someone did not have dementia 81% of the time. When the MMSE was used in primary care offices, it had a sensitivity of 78% and a specificity of 88%. When it was used in a non-clinical community setting, the analysis found the MMSE had a sensitivity of 85% and a specificity of 86%.

→ While these percentages are high, they also show the MMSE delivers incorrect readings a significant amount of the time. This is why the MMSE, like all dementia tests, should not be used on its own to make a diagnosis.



How to Administer

The Mini-Mental State Exam (MMSE) is best administered by a neurologist, or other healthcare professional, in an office environment. However, one can download and print a copy of the test and perform it at home, which should only take about 10 minutes. Here are some basic guidelines for taking the test at home:

Step 1 – Download and print the Mini-Mental State Exam (<https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/bc-guidelines/cogimp-smmse.pdf>). There are multiple versions online, and they all ask roughly the same questions. The link above contains a good version that is easy to score.

Step 2 – The test taker should be comfortably seated in a quiet and well-lit room. The test administrator should also be seated in the room, and then ask for attention. Do not set a timer.

Step 3 – The administrator gives the taker a piece of paper and a pencil or pen. The MMSE is mostly filled out by the administrator, who asks questions and records answers that are either correct or not. There are, however, a few questions that will require writing and drawing by the test subject. These include “Write a sentence,” where the score is based on whether the sentence is coherent and contains a subject and verb, and “Draw intersecting shapes,” where the subject is shown a picture of two pentagons intersecting and asked to recreate the image.

Step 4 – Give the test taker as much time as needed. The MMSE generally takes about 10 minutes to complete, but there is no time limit. Do not rush in any way. In fact, the administrator should be as positive and encouraging as possible.

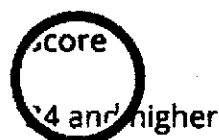
Step 5 – Review the results. The test is graded as you go, and administrators should be able to tell pretty clearly whether a question was answered correctly or not. It will probably be relatively simple to calculate a score but, again, the MMSE is meant to be administered and scored by a professional.

Step 6 – If more than a few questions were answered incorrectly, take the finished test to a primary care doctor, who can review it and decide whether a referral to an expert like a neurologist is appropriate.

Interpreting the Results

The final score of the MMSE is simply the total number of correct answers. There are 30 questions, so 30 is the highest possible score. Score of 23 or below are indicative of dementia. The table below breaks down the results into stages of dementia.

Mini-Mental State Exam Scoring Chart



Level of Dementia

Normal cognition; no dementia

19 – 23

Mild dementia

10 – 18

Moderate dementia

9 and lower

Severe dementia

Alternatives and Comparisons

Compared to the Clock-Drawing Test

The Clock-Drawing Test (<https://www.dementiacarecentral.com/alzheimers-clock-test/>) is a straightforward way to determine if someone shows signs of dementia. This test asks subjects to draw a clock showing the time as "10 past 11." Someone with dementia will draw the clock incorrectly in several ways. This is a much easier means of seeing if someone needs to be evaluated further for dementia and can be taken at home in just a few minutes with nothing but a piece of paper and a pencil. The Mini-Mental State Exam, on the other hand, is more complicated and meant to be administered by a healthcare professional, like a nurse or neurologist.

Compared to the SAGE

The Self-Administered Gerocognitive Exam is, as it says, self-administered. It often includes the clock test described above but also other questions like identifying well-known animals and calculating math problems such as, "How many quarters are in \$6.25?" This is an easier and very reliable exam that is meant to be printed out at home and completed before visiting a doctor to talk about possible dementia. The scoring, also, is slightly more complicated for the Mini-Mental State Exam than the SAGE. If you are afraid that a loved one is showing early signs of dementia, the SAGE test is also a good way to know whether it's simple forgetfulness or a possible sign of something worse. Try the SAGE test. (<https://www.dementiacarecentral.com/self-administered-gerocognitive-exam/>)

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