

## Mini-Cog Test Form

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# MYBRAINTEST

MyBrainTest.org provides research and analysis on brain health screening tools, and the cognitive health testing market.

Website: [www.mybraintest.org](http://www.mybraintest.org)

# MEMORY HEALTH CHECK

MemoryHealthCheck is a free resource to learn about human memory, the causes of memory loss, online memory loss tests, and steps you can take to improve your memory.

Website: [www.memoryhealthcheck.com](http://www.memoryhealthcheck.com)

# Instructions for the Mini-Cog Test

## Administration

the Mini-Cog test is a 3-minute instrument to screen for cognitive impairment in older adults in the primary care setting. The Mini-Cog uses a three-item recall test for memory and a simply scored clock-drawing test (CDT). The latter serves as an “informative distractor,” helping to clarify scores when the memory recall score is intermediate. The Mini-Cog was as effective as or better than established screening tests in both an epidemiologic survey in a mainstream sample and a multi-ethnic, multilingual population comprising many individuals of low socioeconomic status and education level. In comparative tests, the Mini-Cog was at least twice as fast as the Mini-Mental State Examination. The Mini-Cog is less affected by subject ethnicity, language, and education, and can detect a variety of different dementias. Moreover, the Mini-Cog detects many people with mild cognitive impairment (cognitive impairment too mild to meet diagnostic criteria for dementia).

## Scoring (see figure 1)

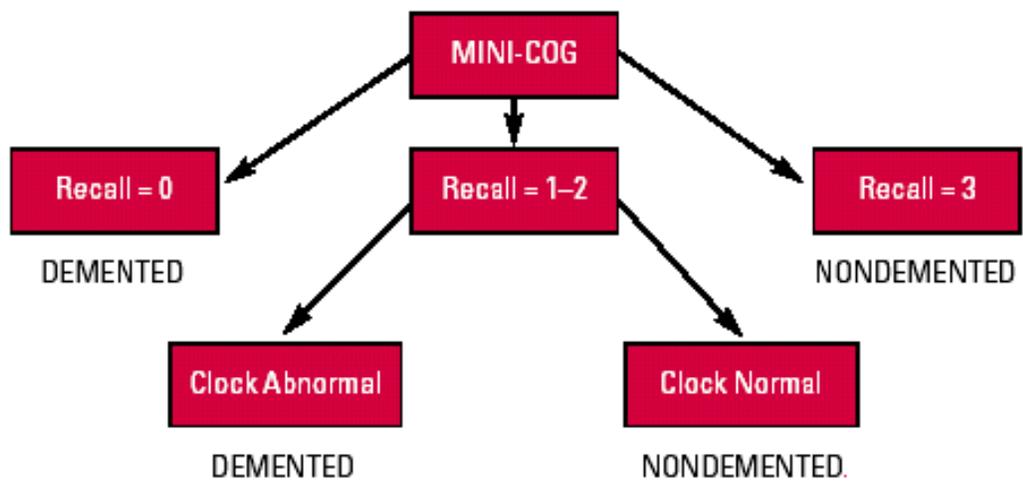
1 point for each recalled word

Score clock drawing as **Normal** (the patient places the correct time and the clock appears grossly normal) or **Abnormal**

Score

- 0 Positive for cognitive impairment
- 1-2 **Abnormal** CDT then positive for cognitive impairment
- 1-2 **Normal** CDT then negative for cognitive impairment
- 3 Negative screen for dementia (no need to score CDT)

**Figure 1. The Mini-Cog scoring algorithm. The Mini-Cog uses a three-item recall test for memory and the intuitive clock-drawing test. The latter serves as an "informative distractor," helping to clarify scores when the memory recall score is intermediate.**



**Reference**

Borson S. The mini-cog: a cognitive "vitals signs" measure for dementia screening in multi-lingual elderly  
Int J Geriatr Psychiatry 2000; 15(11):1021.

Pt. Name: \_\_\_\_\_ DOB: \_\_\_\_\_

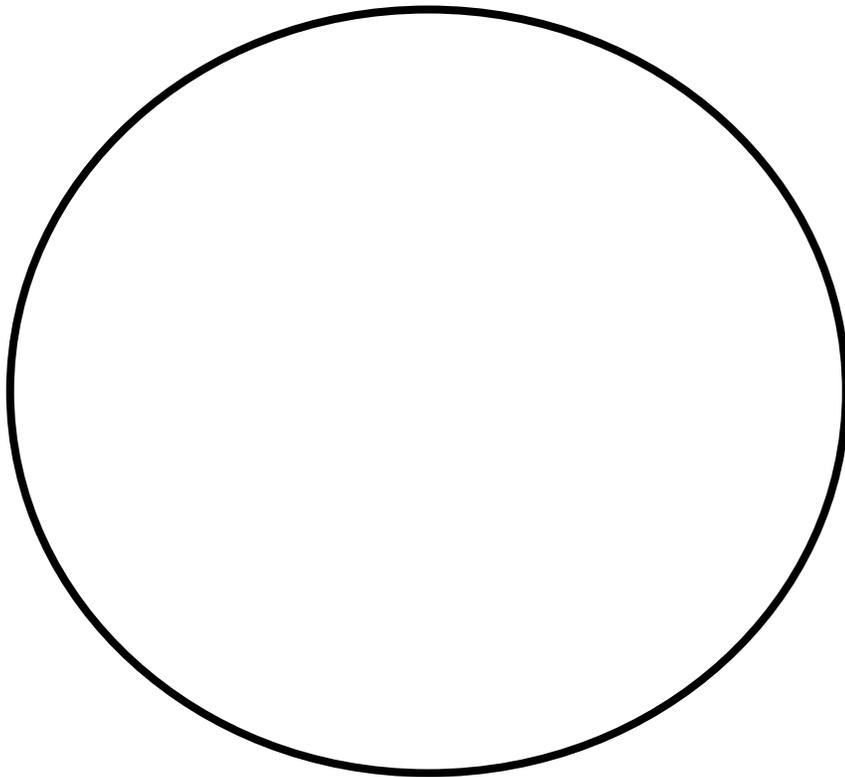
Date: \_\_\_\_\_

**Instructions**

Inside the circle draw the hours of a clock as if a child would draw them  
Place the hands of the clock to represent the time “forty five minutes past ten  
o’clock”

**Instrucciones**

Dentro del circulo dibuje las horas del reloj como si lo haria un niño.  
Ponga las manos del reloj para representar el tiempo “cuarenta y cinco  
minutos despues de las diez”



## THE MINI-COG

1. Instruct the patient to listen carefully and repeat the following

APPLE WATCH PENNY  
MANZANA RELOJ PESETA

2. Administer the Clock Drawing Test

3. Ask the patient to repeat the three words given previously

\_\_\_\_\_

### Scoring

Number of correct items recalled \_\_\_\_\_ [if 3 then negative screen. STOP]

If answer is 1-2

Is CDT Abnormal?            No            Yes

If No, then negative screen

If Yes, then screen positive for cognitive impairment

For more cognitive screening tests: [www.mybraintest.org](http://www.mybraintest.org)

Informant report for memory loss symptoms: [www.mybraintest.org/alzheimers-dementia-memory-loss-checklist/](http://www.mybraintest.org/alzheimers-dementia-memory-loss-checklist/)