

Mini Montreal Cognitive Assessment (Mini MoCA) Version 2.1

Administration and Scoring Instructions

The Montreal Cognitive Assessment (MoCA) is a rapid, well-approved, screening instrument for mild cognitive dysfunction. The Mini MoCA is an abbreviated version of the MoCA, composed of the tasks proven most sensitive to mild cognitive impairment, developed to allow for even quicker screening and remote evaluation, as it may be administered over the telephone. It assesses different cognitive domains: attention, concentration, executive functions, memory, language, and orientation. A qualified healthcare worker must administer the Mini MoCA, however, only a health professional with expertise in the cognitive field may interpret the results. Administration time is approximately 5 minutes. The total possible score is 15 points; a score of 12 or above is considered normal.

1. Memory/Attention:

Administration: The examiner reads a list of five words at a rate of one per second, giving the following instructions: *“This is a memory test. I am going to read a list of words that you will have to remember now and later on. Listen carefully. When I am through, tell me as many words as you can remember. It doesn’t matter in what order you say them.”* The examiner marks a check in the allocated space for each word the subject produces on this first trial. The examiner may not correct the subject if (s)he recalls a deformed word or a word that sounds like the target word. When the subject indicates that (s)he has finished (has recalled all words), or can recall no more words, the examiner reads the list a second time with the following instructions: *“I am going to read the same list for a second time. Try to remember and tell me as many words as you can, including words you said the first time.”* The examiner puts a check in the allocated space for each word the subject recalls on the second trial. At the end of the second trial, the examiner informs the subject that (s)he will be asked to recall these words again by saying: *“I will ask you to recall those words again at the end of the test.”*

Scoring: No points are given for Trials One and Two.

2. Verbal fluency:

Administration: The examiner gives the following instructions: *“Now, I want you to tell me as many words as you can think of that begin with the letter T. I will tell you to stop after one minute. Proper nouns, numbers, and different forms of a verb are not permitted. Are you ready? [Pause] [Time for 60 sec.] Stop.”* If the subject names two consecutive words that begin with another letter of the alphabet, the examiner repeats the target letter if the instructions have not yet been repeated.

Scoring: The examiner records the subject’s responses on the test sheet. Points are allocated according to the number words generated in 60 seconds:

- 0 points for 0 to 2 words
- 1 point for 3 to 5 words
- 2 points for 6 to 9 words
- 3 points for 10-13 words
- 4 points for 14 words or more

3. Orientation:

Administration: The examiner gives the following instructions: “*Tell me today’s date.*” If the subject does not give a complete answer, the examiner prompts accordingly by saying: “*Tell me the [year, month, exact date, and day of the week].*” Then the examiner says: “*Now, tell me the name of this place, and which city it is in.*”

For **telephone** administration:

Date: “*Close your eyes and tell me today’s date, day of the week, month and year.’ After patient has responded prompt to “You can open your eyes now.”*”

Place: “*From what clinic/institution am I calling you from?*”

City: “*What is the city in which our clinic/institution is located?*”

Scoring: One point is allocated for each item correctly answered. The date and place (name of hospital, clinic, office) must be exact.

4. Delayed recall:

Administration: The examiner gives the following instructions: “*I read some words to you earlier, which I asked you to remember. Tell me as many of those words as you can remember.*” The examiner makes a check mark (✓) for each of the words correctly recalled spontaneously, in the allocated space.

Scoring: One point is allocated for each word recalled freely, without any cues.

TOTAL SCORE: Sum all subscores listed on the right-hand side, for a possible maximum of 15 points. A final total score of 12 and above is considered normal.

Please refer to the MoCA website at www.mocacognition.com for more information on the MoCA.