OSCE Checklist: Mental State Examination

Opening the consultation

1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Explain that you'd like to have a chat with the patient to see how they're currently feeling	
5	Gain consent to proceed with a mental state examination	

Appearance and behaviour

6	Observe the patient's appearance	
7	Note how the patient engages and if there seems to be rapport	
8	Observe the patient's level of eye contact	
9	Observe the patient's facial expressions	
10	Observe the patient's body language	
11	Identify any evidence of abnormal psychomotor activity (e.g. psychomotor retardation or restlessness)	
12	Note any abnormal movements or postures	

Speech

13	Note the rate and quantity of the patient's speech	
14	Note the tone and volume of the patient's speech	
15	Note the fluency and rhythm of the patient's speech	

Mood and affect

16	Explore the patient's current mood by asking appropriate questions	
17	Observe the patient's affect	

Thought

18	Note the speed, flow and coherence of the patient's thoughts	
19	Explore the content of the patient's thoughts for abnormalities	
20	Ask about thought possession to screen for abnormalities	

Perception

21	Explore the patient's current perception	

Cognition

22	Formally assess the patient's cognition (e.g. AMTS, MMSE, ACE-III)	

Insight and judgement

23	Assess the patient's current insight into their problems	
24	Assess the patient's current judgement skills	

Risk

25	Assess the patient's risk to self	
26	Assess the patient's risk to others	

Closing the consultation

27	Ask the patient if they have any questions or concerns that have not been addressed	
28	Thank the patient for their time	
29	Dispose of PPE appropriately and wash your hands	

Key communication skills

30	Active listening	
31	Summarising	
32	Signposting	

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