Mini Montreal Cognitive Assessment (Mini MoCA) - short guide

- **Preparation:** a stop watch, this instruction and both questionnaires (Mini MoCA and EQ-5D-5L).
- **Inform the subject** to sit in an undisturbed room without a clock or calendar and to read all with italic style for the subject.
- **Education in years** - remember to ask the subject about this before you start with the questionnaires.

1.Attention
The examiner reads a list of 5 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".
Put a check in the allocated space for each word the subject recalls.

2.Executive functions/language
The examiner gives the following instruction: *"Tell me as many words as you can think of that begin with a certain letter of the alphabet that I will tell you in a moment. You can say any kind of word you want, except for proper nouns (like Bob or Boston), numbers, or words that begin with the same sound but have a different suffix, for example, love, lover, loving. I will tell you to stop after one minute. Are you ready? [Pause] Now, tell me as many words as you can think of that begin the letter F. [time for 60 sec.] Stop."*

3.Orientation
The examiner gives the following instructions: "Tell me the date today". If the subject does not give a complete answer, then prompt accordingly by saying: "Tell me the [year, month, exact date, and day of the week]." Then say: "Now, tell me the of where you are and which city it is in."

4.Memory
Delayed recall. *"I read some words to you earlier, which I asked you to remember. Tell me as many of those you can remember."* Make a check mark for each of the words correctly recalled spontaneously without any cues, in the allocated space.
If the subject does not recall the word after the category cue, give him/her a multiple-choice trial, using the following example instruction, *"Which of the following words do you think it was, NOSE, FACE, or HAND?"*
Use the following category and/or multiple-choice cues for each word, when appropriate:

	Category	Multiple-choice
Face	Part of the body	Nose, face, hand
Velvet	Type of fabric	Denim, cotton, velvet
Church	Type of building	Church, school, hospital
Daisy	Type of flower	Rose, daisy, tulip
Red	A colour	Red, blue, green