

This is a **Sample** version of the
**Montreal Cognitive Assessment
(MoCA)**

The **full version** of the Montreal Cognitive Assessment (MoCA) comes without 'sample' watermark

The full complete version includes –

- User Instructions
- Scoring Guide
- Test/ Questionnaire

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Montreal Cognitive Assessment (MoCA)

The Montreal Cognitive Assessment (MoCA) is a short mental ability test that helps doctors to identify people who may have Alzheimer's or dementia. Like the older and more established Mini Mental State Examination (MMSE), the MoCA takes around 10 minutes to complete and gives people a score out of 30, with higher scores indicating better mental ability.

Doctors may opt for the MoCA rather than the MMSE, as the MoCA is thought to be a more sensitive test, and is particularly good at picking up the more subtle declines in mental ability that are seen in the early stages of Alzheimer's disease.

Alternatively, doctors may conduct both the MoCA and MMSE and look at both sets of results before deciding the best course of action.

It is important to remember that the MoCA, like other tests, is just one of the techniques that doctors use to make a diagnosis of Alzheimer's. Taken alone, a relatively low MoCA score is by no means an indicator of Alzheimer's, or even a cause for concern. There are many other factors that can influence someone's score, and it is important to remember this when looking at the outcome of the test and thinking about what it means.

Montreal Cognitive Assessment (MoCA)

Administration and Scoring Instructions

The Montreal Cognitive Assessment (MoCA) was designed as a rapid screening instrument for mild cognitive dysfunction. It assesses different cognitive domains: attention and concentration, executive functions, memory, language, visuoconstructional skills, conceptual thinking, calculations, and orientation. Time to administer the MoCA is approximately 10 minutes. The total possible score is 30 points; a score of 26 or above is considered normal.

1. Alternating Trail Making:

Administration: The examiner instructs the subject: "Please draw a line, going from a number to a letter in ascending order. Begin here [point to (1)] and draw a line from 1 then to A then to 2 and so on. End here [point to (E)]."

Scoring: Allocate one point if the subject successfully draws the following pattern: 1 -A- 2- B- 3- C- 4- D- 5- E, without drawing any lines that cross. Any error that is not immediately self-corrected earns a score of 0.

2. Visuoconstructional Skills (Cube):

Administration: The examiner gives the following instructions, pointing to the cube: "Copy this drawing as accurately as you can, in the space below".

Scoring: One point is allocated for a correctly executed drawing.

- Drawing must be three-dimensional
- All lines are drawn
- No line is added
- Lines are relatively parallel and their length is similar (rectangular prisms are accepted) A point is not assigned if any of the above-criteria are not met.

3. Visuoconstructional Skills (Clock):

Administration: Indicate the right third of the space and give the following instructions: "Draw a clock. Put in all the numbers and set the time to 10 past 11".

Scoring: One point is allocated for each of the following three **criteria**:

- **Contour (1 pt.):** the clock face must be a circle with only minor distortion acceptable (e.g., slight imperfection on closing the circle);
- **Numbers (1 pt.):** all clock numbers must be present with no additional numbers; numbers must be in the correct order and placed in the approximate quadrants on the clock face; Roman numerals are acceptable; numbers can be placed outside the circle contour;
- **Hands (1 pt.):** there must be two hands jointly indicating the correct time; the hour hand must be clearly shorter than the minute hand; hands must be centred within the clock face with their junction close to the clock centre.

A point is not assigned for a given element if any of the above-criteria are not met.

Sample Stops here. To view complete version see 1st page.