

Mini-Cog[®]

What is the Mini-Cog[®]?

The Mini-Cog[®] is a quick screening tool for early dementia detection. It can help detect early stages of cognitive impairment. The Mini-Cog[®] may be performed in 3 minutes. The test consists of a standardized three-word recall and clock-drawing test. Points are given based on how many words are recalled and how the clock is drawn.¹

Population the Mini-Cog[®] Serves

The Mini-Cog[®] tests older adult individuals likely to have clinically significant cognitive impairment.¹

Importance of Mini-Cog[®]

The Mini-Cog[®] can help professional health care providers identify possible cognitive impairment in older people. These impairments may be interfering with their ADLs and/or IADLs. The test results help determine when it might be time for more in-depth testing. The Mini-Cog[®] is effective in identifying individuals in need of cognitive care across all backgrounds. Among people with different cultural, language and educational experiences, Mini-Cog[®] is simpler to administer and similar rigor compared to longer tests in detecting cognitive impairment.¹

Psychometric Properties

For studies including older adults, the sensitivity of the Mini-Cog[®] is 0.76-1.00² and the specificity is 0.87-0.91.³

Cut-Off Scores

The Mini-Cog[®] cut-off score of <3 is indicative of cognitive impairment. A total score of 0, 1, or 2 indicates higher likelihood of clinically important cognitive impairment. A total score of 3, 4, or 5 indicates lower likelihood of dementia, but does not rule out some degree of cognitive impairment.⁴

Resources

1. Mini-Cog[®] – Screening for Cognitive Impairment in Older Adults. mini-cog.com. Published 2023. <https://mini-cog.com/>.
2. Seitz DP, Chan CC, Newton HT, et al. Mini-Cog for the diagnosis of Alzheimer’s disease dementia and other dementias within a primary care setting. *Cochrane Database of Systematic Reviews*. 2018;2. <https://doi.org/10.1002/14651858.cd011415.pub2>.
3. Tsoi KKF, Chan JYC, Hirai HW, et al. Cognitive Tests to Detect Dementia: A Systematic Review and Meta-analysis. *JAMA Internal Medicine*, vol. 175, no. 9, 1 Sept. 2015, p. 1450, <https://doi.org/10.1001/jamainternmed.2015.2152>.
4. Borson S. *Mini-Cog[®] Instructions for Administration & Scoring.*; 2023. https://mini-cog.com/wp-content/uploads/2022/04/Standardized-English-Mini-Cog-1-19-16-EN_v1-low-1-2.pdf.

Video explaining more information about the Mini-Cog[®]:

1. [Mini-Cog Administration](#)
2. [MiniCog - Colleen](#)

Links to Test:

1. [Mini-Cog](#)
2. [Download the Mini-Cog[®] Instrument](#)
3. [Mini-Cog Online Testing](#)

