

The 6CIT Dementia Test

How the test works

Question	Score range	Weighting	Weighted score
What Year is it	0-1	x4	
What month is it	0-1	x3	
<i>Give the memory phrase e.g. (John/Smith/42/West Street/Bedford)</i>			
About what time is it	0-1	x3	
Count back from 20-1	0-2	x2	
Say months in reverse	0-2	x2	
Repeat the memory phrase	0-5	x2	
Total score for 6CIT	0-28		

0-7 = normal - referral not necessary at present

8- 9 = mild cognitive impairment - probably refer

10-28 = significant cognitive impairment - refer

Advanced Information

How to perform and score the test

Try to perform the test in a quiet place with no obvious clock or calendar visible to the patient.

Ask the patient what year it is?

- If they get it correct then they score zero (no errors), if they get it wrong then score 1

What month is it?

- If correct score zero and if wrong then score 1

Tell the patient that you are going to tell them a fictional address which you would like them to try and memorise and then repeat back to you afterwards.

- Say "John / Brown / 42 / West Street / Bedford" (or devise a similar address relevant to your country with 5 main elements (eg. Richard Buerks 42 Sandton Road Durban might be more relevant for South Africa). Make sure that the patient is able to repeat the address correctly before moving on and warn them to try and memorise it as you are going to ask them to repeat it again in a few minutes. No score is made at this stage.

Ask the patient the time

- If they get to within 60 minutes or an hour of the correct time then they score zero, if not score 1

Ask the patient to count backwards from 20 to 1.

- If they do this correctly they score zero, if they make one error then score 1 and for 2 or more errors score 2 (note they can not score more than 2 for this question).

Ask the patient to say the months of the year backwards starting at December.

- I tend to give them plenty of time for this and it doesn't matter if they have to keep saying the months of the year forwards in order to get the answer. Inevitably they sometimes forget where they were, and I sometimes prompt them or offer encouragement that they're doing well. Again if they get it all correct then score zero, one error – score one, 2 or more errors score 2.

Finally ask them to repeat the address back to you.

- The address is broken into 5 segments and is scored for each error they make in remembering it up to a score of 5. I.e. All correct = zero, one bit wrong = 1, 2 parts wrong = 2, 3 parts wrong = 3, 4 parts wrong = 4 and all wrong = 5 Finally to complete the scoring multiply the score for each question by the weight in the neighbouring column and then add up all the weighted scores which should give you a score of between 0 – 28.

- 0-7 probably normal
- 8-9 mild cognitive impairment
- 10 + probably significant moderate to severe cognitive impairment

I hope this answers any queries you may have, I suggest you try out the test on a couple of fit volunteers first so you can get the hang of it. It is not as complicated as the above instructions make it look. If you get stuck please feel free to email me for advice.