

Effects of sociodemographic and health variables on Mini-Mental State Exam scores in older Australians

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Key Words:

mental health, MMSE, characteristics, reliability of measures

Research aim:

This article examines the influence of sociodemographic, biological, and health variables on Mini-Mental State Exam (MMSE) performance, and assesses how the diversity of the population should be reflected in the MMSE cutoff scores used for screening.

Results/Conclusion:

The regression models showed that older age, education levels, language spoken at home and in country of birth, socioeconomic status (SES), occupation, sex, and presence of a mood disorder made significant and unique contributions to performance on the MMSE. non- English speaking background (NESB) making the biggest impact.

Implications:

Many sociodemographic variables and the presence of a mood disorder influence MMSE performance. Using conventional cutoff scores for screening will lead to a high rate of false positives in older adults (75+ years), those with NESB, and those with low SES, and is insensitive for those with high education.

Cultural Group(s):

Not CALD specific (results discussed for non-English speaking background)

Location of study:

Australia (national)

Age group:

65+

Number included in study:

1,792

Type of participants:

65+ participants in the Australian National Mental Health and Well-being Survey

Research approach:

Quantitative

Type of data:

Secondary data sources used:

Australian National Mental Health and Well-being Survey

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes: