### Guide to Mental Health Status Assessment

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Appearance**    | • grooming  
                     • posture  
                     • build  
                     • clothing  
                     • cleanliness |
| **Behaviour**     | • eye contact  
                     • mannerisms  
                     • gait  
                     • activity level |
| **Speech**        | • rate  
                     • volume  
                     • pitch  
                     • tone  
                     • flow  
                     • pressure |
| **Mood**          | Emotion as **described**:  
                     • anxious  
                     • depressed  
                     • cheerful |
| **Affect**        | Emotion as **observed**:  
                     • restrictive  
                     • blunted  
                     • labile |
| **Thought Form**  | • amount  
                     • rate  
                     • derailment  
                     • flight of ideas |
| **Thought Content** | • disturbance  
                     • delusions  
                     • suicidal  
                     • obsessions |
| **Perception**    | • illusions  
                     • thought insertion / broadcasting  
                     • hallucinations *(auditory, olfactory, tactile, visual or gustatory)* |
| **Insight & Judgement** | • cognition  
                     • understanding of illness, its causes and effect |