Brief Cognitive Assessment Tool (BCAT)

Sample Test

Instructions:

1. Please answer each question to the best of your ability.

2. If you are unsure about an answer, provide your best guess.

3. Take your time and ensure a quiet, comfortable environment for optimal concentration.

Section 1: Orientation

- What is the current date? (MM/DD/YYYY)

- Can you state the day of the week?

- What year is it?

- Where are you currently located (city, state)?

Section 2: Attention

- Repeat the following sequence of numbers backward: 7, 2, 9, 4.

- Subtract 7 from 100, then continue subtracting 7 from the result four more times.

- Visually scan the following letters and identify the letter "B" among them: K, L, M, B, N.

Section 3: Memory

- Listen carefully: I will read a list of three words. Repeat them after I finish. (Repeat this step with the words: Apple, Chair, Sunshine.)

- After a short delay, recall the three words mentioned earlier.

- Copy the geometric figure provided and try to reproduce it after 30 seconds.

Section 4: Language

- Name the objects shown in the provided pictures.

- Follow the instruction: Point to your nose, then touch your elbow.

- Repeat the sentence: "The sun is shining brightly."

Section 5: Visuospatial Skills

- Copy the provided complex figure as accurately as possible.

- Draw the face of a clock, including all the numbers and clock hands, to indicate a specific time.

Section 6: Executive Functioning

- Mentally sort the following words into two categories: Fruits and Animals.

- Provide a brief explanation of what the phrase "Don't cry over spilled milk" means to you.

- Inhibit the impulsive response: Say the color of the ink, not the word itself, for the following: RED, BLUE, GREEN.

Section 7: Contextual Memory

- Recall the location (city, state) mentioned in Section 1, Question 4.
- Share a memorable event from your childhood or recent past.

Section 8: Attentional Capacity Items

- Count backward from 50 to 35.

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Scoring Guide

The Brief Cognitive Assessment Tool (BCAT) assesses various cognitive domains to provide valuable insights into an individual's cognitive functioning. Follow the scoring guide below to interpret the results:

Section 1: Orientation (4 points)

- ☐ 1 point for correctly stating the current date.
- ☐ 1 point for accurately identifying the day of the week.
- ☐ 1 point for stating the correct year.
- ☐ 1 point for accurately stating the current location (city, state).

Section 2: Attention (3 points)

- ☐ 1 point for correctly repeating the sequence of numbers backward.
- ☐ 1 point for accurate subtraction calculations.
- ☐ 1 point for correctly identifying the letter "B" among the provided letters.

Section 3: Memory (3 points)

- ☐ 1 point for each correctly recalled word immediately after presentation (maximum of 3 points).
- ☐ 1 point for accurately reproducing the geometric figure.

Section 4: Language (3 points)

- ☐ 1 point for each correctly named object in the pictures (maximum of 3 points).
- ☐ 1 point for correctly following the given instruction.
- ☐ 1 point for accurately repeating the provided sentence.

Section 5: Visuospatial Skills (2 points)

- ☐ 1 point for accurately copying the complex figure.
- ☐ 1 point for drawing a clock with correct numbers and clock hands indicating a specific time.

Section 6: Executive Functioning (3 points)

- ☐ 1 point for correctly categorizing the words into "Fruits" and "Animals."
- ☐ 1 point for providing a reasonable explanation of the given phrase.

☐ 1 point for inhibiting the impulsive response during color-word naming.

Section 7: Contextual Memory (2 points)

☐ 1 point for accurately recalling the location mentioned in Section 1, Question 4.

☐ 1 point for sharing a meaningful event from memory.

Section 8: Attentional Capacity Items (1 point)

☐ 1 point for counting backward from 50 to 35 without error.

Total Possible Score: 20 points

Total Score: _____

Interpretation:

- 18-20 points: Normal Cognitive Functioning
- 15-17 points: Mild Cognitive Impairment (MCI)
- Below 15 points: Further Evaluation Recommended