

# Mini-Mental State Examination Score in Elderly Albanian Population

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## Abstract

**Background:** The Mini-Mental State Examination is a simple, informative and validated screening test of cognitive functions. Limited data of Mini-Mental State Examination scores has been published about elderly Albanian population.

**Aims:** The aim of this study is to evaluate the Mini-Mental State Examination scores in the elderly Albanian population (defined as age of 65 years or more).

**Study design:** Observational study.

**Methods:** 127 healthy elderly Albanians were interviewed and tested for their Mini-Mental State Examination score. Their scores were analyzed. Also was studied the effect of age, gender, education, family status, diabetes

mellitus, hypertension, smoking, dyslipidemia and family history of dementia, on the scale score.

**Results:** Mini-Mental State Examination scores of 127 elderly subjects, aged  $74,6 \pm 6,9$  years (range 65–95 years) were analyzed. There were 50 (39,4%) males and 77 (60,6%) females. In total 74 individuals (58,3%) resulted without cognitive impairment, 40 (31,5%) with mild cognitive impairment, 11 (8,7%) with moderate cognitive impairment and only 2 (1,57%) with severe cognitive impairment. There was a correlation between Mini-Mental State Examination score and education level. Other studied variables did not correlate with score. Concerning the different category of Mini-

Mental State Examination score, Orientation is significantly related to gender, hypertension and family status. Registration is significantly associated with dyslipidemia. Attention and memory have a significant relation with age.

**Conclusion:** In our study, among 65 years old individuals with no previous brain disease, 58,3% resulted without cognitive impairment and 41,7% with cognitive impairment. Education was the most important determining factor of this score.

**Keywords:** Cognitive, dementia, risk factors, mini mental state examination.