Short Blessed Test (SBT)

Patient: _____

Date: _____ **Age:** _____

"Now I would like to ask you some questions to check your memory and concentration. Some of them may be easy and some of them may be hard."

1. What year is it now? _____ ◯ **(0) Correct**   ◯ **(1) Incorrect**

2. What month is it now? _____ ◯ **(0) Correct**   ◯ **(1) Incorrect**

Please repeat this name and address after me:

    John Brown, 42 Market Street, Chicago

    John Brown, 42 Market Street, Chicago

    John Brown, 42 Market Street, Chicago

    (underline words repeated correctly in each trial)

    Trials to learning _____ (can't do in 3 trials = C)

Good, now remember that name and address for a few minutes.

3. Without looking at your watch or clock, tell me about what time it is. ◯ **(0) Correct**   ◯ **(1) Incorrect**

(If response is vague, prompt for specific response)

(within 1 hour) _____ Actual time: _____

4. Count aloud backwards from 20 to 1 ◯ 0 ◯ 1 ◯ 2 Errors

(Mark correctly sequenced numerals)

If subject starts counting forward or forgets the task, repeat instructions and score one error

20	19	18	17	16	15	14	13	12	11
10	9	8	7	6	5	4	3	2	1

5. Say the months of the year in reverse order. ◯ 0 ◯ 1 ◯ 2 Errors

If the tester needs to prompt with the last name of the month of the year, one error should be scored

(Mark correctly sequenced months)

D	N	O	S	A	JL	JN	MY	AP	MR	F	J

6. Repeat the name and address I asked you to remember. ◯ 0 ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 Errors

(The thoroughfare term (Street) is not required)

(John   Brown,   42   Market Street,   Chicago)

_____ , _____ , _____ , _____ , _____

Check correct items   **USE ATTACHED SCORING GRID & NORMS**

Adapted from the version by the Washington University School of Medicine.

Short Blessed Test (SBT) Administration and Scoring Guidelines

1. What year is it now?

- The exact year must be given by the patient. Though, do note that they are allowed to give an incomplete answer so long as it's correct. What we mean by this is that they can refer to a year using the last two digits. An example would be 2022. They can say 22. That counts as an incomplete but correct answer.

2. What month is it now?

- Same banana as the first question, but this time, there are no possible incomplete answers. They have to name the month, or they can mention the number of the month. Let's say that this month is April. They can either say April or 4.

Intermission: Before proceeding to the third item, you will have to give the patient a short exercise for a later item. Tell your patient "I will give you a name and address to remember for a few minutes. Listen to me say the entire name and address and then repeat it after me."

The name and address are: John Brown, 42 Market Street, Chicago.

You should read the name and address carefully, with emphasis on each part of the phrase. When you read the name and address aloud to your patient, there must be a one-second delay per item.

John Brown. 42 Market Street. Chicago.

You will be giving the patient a trial phase in which they have to be able to say the name and address in sequence three times straight without assistance. If the patient is unable to repeat this phrase after three attempts, you must mark them with a "C" which stands for them being unable to learn the phrase after three tries.

Whether the patient is able to learn the phrase or not, you must say "Good, now remember that name and address for a few minutes."

3. Without looking at your watch or clock, tell me what time it is.

- It's as simple as the first two questions. However, the answer will be counted as correct if they can give the exact time or if they give a time that is within an hour of the exact time, plus or minus. So, let's say for the sake of example that the time is 11am.

  They can mention anything between 10am-11am or 11am-12nn.

- If they give a vague answer, like "almost 11," you need to prompt them to be more specific.

4. Count aloud backward from 20 to 1.

- It's as straightforward as it sounds. The patient just needs to count down from 20 to 1. If they skip a number, that counts as an error. They are only allowed two errors for this item.

5. Say the months of the year in reverse order.

- Same thing as Item 4, except they need to recite all the months of the year in reverse order. They are also only allowed up to two errors.

- If the patient is unable to initiate the answer, you may prompt this part of the test with "December" to get them going. This still counts as an error, though.

Adapted from the version by the Washington University School of Medicine.

- If the patient starts by saying the months forward instead of backward upon starting this part of the test, the instructions should be repeated. This won't count as an error. You are giving them another chance, essentially.l

- If during the task they start saying the sequence forward instead of backward, or if they simply forgot the task midway through, tell them the instructions again and ask them to do it in reverse order again. This counts as an error.

6. **Repeat the name and address I asked you to remember.**

- This is the part where they have to recite to you the name and address you gave them during the intermission. They simply need to recite all parts of the phrase you gave: John Brown, 42 Market Street, Chicago.

- You will score them for each of the following: John, Brown, 42, Market Street, and Chicago.

- They need to recite the number correctly.

- As for Market Street, saying Market is enough. If they say Market Lane, Market Boulevard, Market Avenue, or something similar, it will still count as a correct answer so long as Market is mentioned.

- The maximum number of errors that can be committed here is 5 given that there are 5 items to score.

Final SBT Score & Interpretation

Item	Errors (0-5)	Weighting Factor	Final Item Score
1		X 4	
2		X 3	
3		X 3	
4		X 2	
5		X 2	
6		X 2	
		Sum Total = _____ (Range 0 - 28)	

Interpretation

A screening test in itself is insufficient to diagnose a dementing disorder. The SBT is, however, quite sensitive to early cognitive changes associated with Alzheimer's disease. Scores in the impaired range (see below) indicate a need for further assessment. Scores in the "normal" range suggest that a dementing disorder is unlikely, but a very early disease process cannot be ruled out. More advanced assessment may be warranted in cases where other objective evidence of impairment exists.

In the original validation sample for the SBT (Katzman et al., 1983), 90% of normal scores 6 points or less. Scores of 7 or higher would indicate a need for further evaluation to rule out a dementing disorder, such as Alzheimer's disease.

Based on clinical research findings from the Memory and Aging Project3 , the following cut points may also be considered:

- **0 – 4**   Normal Cognition
- **5 – 9**   Questionable Impairment (evaluate for early dementing disorder) -
- **10 or more**   Impairment Consistent with Dementia (evaluate for dementing disorder)

Adapted from the version by the Washington University School of Medicine.

Additional Comments

References

1. These guidelines and scoring rules are based on the administration experience of faculty and staff of the Memory and Aging Project, Alzheimer's Disease Research Center, Washington University School of Medicine, St. Louis (John C. Morris, MD, Director & PI; morrisj@abraxas.wustl.edu

2. Morris JC, Heyman A, Mohs RC, Hughes JP, van Belle G, Fillenbaum G, Mellits ED, Clark C. (1989). The Consortium to Establish a Registry for Alzheimer's Disease (CERAD). Part I. Clinical and neuropsychological assessment of Alzheimer's disease. Neurology, 39(9):1159-65.