The Q&E (Quick and Easy) 2.5-Minute Dementia Screening Test
Paul Dash

My objective was preliminary testing of a brief, simple screening test for dementia. The Q&E combines components that are the most sensitive to detection of Alzheimer’s (learning, recall, temporal orientation, and verbal fluency). One hundred seventy-two consecutive patients 65 years and older in my general neurology practice were given the Q&E test, immediately followed by the Mini-Mental State Examination (MMSE). In 55 patients, both tests were timed by stopwatch. Cutoff scores used were less than 27 for the MMSE and greater than 2 for the Q&E. Patients received diagnoses of Alzheimer’s disease, other demented, mild cognitive impairment, or normal. The Q&E was significantly (p < 0.03; t test) faster than the MMSE (mean 2.5 standard deviation 0.3 vs 3.5 SD 0.8 minutes). There was a significant inverse correlation (r = 0.79) between Q&E and MMSE scores. Results of sensitivity, specificity, PPV, and NPV of the two tests for diagnosis of Alzheimer’s disease were as follows: Q&E sens, 0.97; spec, 0.85; PPV, 0.87; NPV, 0.97; MMSE sens, 0.90; spec, 0.53; PPV, 0.67; NPV, 0.83. The Q&E was faster, more sensitive, and much more specific than the MMSE for detecting Alzheimer’s disease in this patient population. This test is extremely easy to administer and score. Score sheets and complete instructions will be available from the author at presentation.