APPENDIX 6.1: COHEN-MANSFIELD AGITATION INVENTORY (LONG FORM)

Client name: _____ Date: _____
Informant name: _____

Note: Give to current caregiver or family as indicated.
Instructions: Please read each of the 29 agitated behaviors, and circle how often (from 1-7) each was manifested by the resident during the last 2 weeks: If filling out with the person say: **"In the last 2 weeks, how often has the resident demonstrated . . ."**

Never	Less than once a week	Once or twice a week	Several times a week	Once or twice a day	Several times a day	Several times an hour
1	2	3	4	5	6	7

If prevented part of the time, estimate how frequently it would happen if not prevented.
Do not include rare behaviors that are clearly explained by situational factors.

___1. **Pacing and aimless wandering** - constantly walking back and forth, does not indicate normal purposeful walk, include wandering when done in a wheelchair
___2. **Inappropriate dressing or disrobing** - putting on too many clothes, putting on clothing in a strange manner (e.g., putting pants on head), taking off clothing in public or when it is inappropriate (if only genitals are exposed, do not rate; see item # 28.) Do not rate person's ability to dress/undress as in ADL's.
___3. **Spitting (including while feeding)** - spitting onto floor, other people, etc.; do not include salivating of which person has no control, or spitting into tissue, toilet, or onto ground outside.
___4. **Cursing or verbal aggression** - only when using words; swearing, use of obscenity, profanity, unkind speech or criticism, verbal anger, verbal combativeness. Nonverbal will be marked under screaming.

From "A Description of Agitation in a Nursing Home," by J. Cohen-Mansfield, M. S. Marx, and A. S. Rosenthal, 1989, *Journal of Gerontology: Medical Sciences, 44*(3), M77–M84. Copyright 1989 by Jiska Cohen-Mansfield. Reprinted with permission. Readers should refer to the *Instruction Manual for the Cohen-Mansfield Agitation Inventory* (Cohen-Mansfield, 1991) for additional information regarding this inventory.

Never	Less than once a week	Once or twice a week	Several times a week	Once or twice a day	Several times a day	Several times an hour
1	2	3	4	5	6	7

If prevented part of the time, estimate how frequently it would happen if not prevented.
Do not include rare behaviors that are clearly explained by situational factors.

___5. **Constant unwarranted request for attention or help** - verbal or nonverbal unreasonable nagging, pleading, demanding (indicate also for oriented people).
___6. **Repetitive sentences or questions** - repeating the same sentence or question one right after the other (Do not include complaining - see item # 18; even if oriented and even if possibly warranted).
___7. **Hitting (including self)** - physical abuse, striking others, pinching others, banging self/furniture.
___8. **Kicking** - strike forcefully with feet at people or objects.
___9. **Grabbing onto people or things inappropriately** - snatching, seizing roughly, taking firmly, or yanking.
___10. **Pushing** - forcefully thrusting, shoving, moving putting pressure against.
___11. **Throwing things** - hurl, violently tossing up in air, tipping off surfaces, flinging, intentionally spilling food.
___12. **Making strange noises** - including crying, weeping, moaning, weird laughter, grinding teeth.
___13. **Screaming** - loud shrill, shouting, piercing howl.
___14. **Biting** - chomp, gnash, gnaw (people, objects, or self).
___15. **Scratching** - clawing, scraping with fingernails (people, objects, or self).
___16. **Trying to get to a different place** - trying to get out of the building, off the property - sneaking out of room, leaving inappropriately, trying to get into locked areas, trespassing within unit, into offices, other resident's room or closet.
___17. **Intentional falling** - purposefully falling onto floor, include from wheelchair, chair, or bed.
___18. **Complaining** - whining, complaining about self, somatic complaints, personal gripes or complaining about external things or other people.
___19. **Negativism** - bad attitude, doesn't like anything, nothing is right.
___20. **Eating or drinking inappropriate substances** - putting into mouth and trying to swallow items that are inappropriate.

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1	2	3	4	5	6	7

If prevented part of the time, estimate how frequently it would happen if not prevented.
Do not include rare behaviors that are clearly explained by situational factors.

___21. **Hurting self or other** - burning self or other, cutting self or other, touching self or other with harmful objects, etc.
___22. **Handling things inappropriately** - picking up things that don't belong to them, rummaging through drawers, moving furniture, playing with food, fecal smearing.
___23. **Hiding things** - putting objects under or behind something.
___24. **Hoarding things** - putting many or inappropriate objects in purse or pockets, keeping too many of an item.
___25. **Tearing things or destroying property** - shredding, ripping, breaking, stomping on something.
___26. **Performing repetitious mannerisms** - stereotypic movement, such as patting, tapping, rocking self, fiddling with something, twiddling with something, rubbing self or object, sucking fingers, taking shoes on and off, picking at self, clothing, or objects, picking imaginary things out of air or off floor, manipulation of nearby objects in a repetitious manner.
___27. **Making verbal sexual advances** - sexual propositions, sexual innuendo, or "dirty" talk.
___28. **Making physical sexual advances or exposing genitals** - touching a person in an inappropriate sexual way, rubbing genital area, inappropriate masturbation, when not alone in own room or bathroom, unwanted fondling or kissing.
___29. **General restlessness** - fidgeting, always moving around in seat, getting up and sitting down inability to sit still.
30. Did agitated behavior occur most often
__In morning
__In afternoon
__In evening
__No time more than others
__Different times for different behaviors