

## **Montreal Cognitive Assessment (MoCA)**

Link to website <http://www.mocatest.org/>

### **Self-Efficacy for Managing Chronic Diseases 6-item Scale References**

References for the MoCA can be found on their website and are organized by condition.

You must register at the website <http://www.mocatest.org/> to access the list of references.

### **Reliability & Validity**

The Montreal Cognitive Assessment (MoCA) is a brief screening used to assess cognitive functioning. The tool measures an array of functions such as language, visuospatial, memory, and attention. It takes approximately 20 minutes for a trained healthcare provider to administer the assessment in a quiet private setting to avoid distractions. Each task or question is assigned a designated number of points if done or answered correctly. There is a maximum of 30 points on the scale and the normal cut-off score for no cognitive impairment is a score of 26.

### **Access & Cost Information**

The MoCA is a brief cognitive assessment intended for health professionals. Access to the measure is free with registration at <http://www.mocatest.org/>.