

## Short Form of the Informant Questionnaire on Cognitive Decline (Short IQCODE)

Try to remember what \_\_\_\_\_ (patient's name) was like 10 years ago and compare it with what he/she is like now. 10 years ago was in \_\_\_\_\_.

Below are situations requiring use of memory or intelligence and we want you to indicate whether this has improved, stayed the same, or got worse, over the past 10 Years.

Note you are comparing the present performance with 10 years ago. So if 10 years ago he/she always forgot where he/she had left things, and he/she still does, then this would be answered "Not much change".

Please indicate the changes you have observed by circling the appropriate answer.

Compared with 10 years ago how is this person at:

|   | 1             | 2              | 3               | 4           | 5          |
|---|---------------|----------------|-----------------|-------------|------------|
| 1. Remembering things about family and friends e.g. occupations, birthdays, addresses   | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 2. Remembering things that have happened recently                                       | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 3. Recalling conversations a few days later   | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 4. Remembering his/her address and telephone number                                     | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 5. Remembering what day and month it is   | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 6. Remembering where things are usually kept  | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 7. Remembering where to find things which have been put in a different place from usual | Much improved | A bit improved | Not much change | A bit worse | Much worse |

|   |               |                |                 |             |            |
|---|---------------|----------------|-----------------|-------------|------------|
| 8. Knowing how to work familiar machines around the house   | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 9. Learning to use a new gadget or machine around the house   | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 10. Learning new things in general  | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 11. Following a story in a book or on TV  | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 12. Making decisions on everyday matters  | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 13. Handling money for shopping   | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 14. Handling financial matters e.g. the pension, dealing with the bank  | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 15. Handling other everyday arithmetic problems e.g. knowing how much food to buy, knowing how long between visits from family or friends | Much improved | A bit improved | Not much change | A bit worse | Much worse |
| 16. Using his/her intelligence to understand what's going on and to reason things through   | Much improved | A bit improved | Not much change | A bit worse | Much worse |

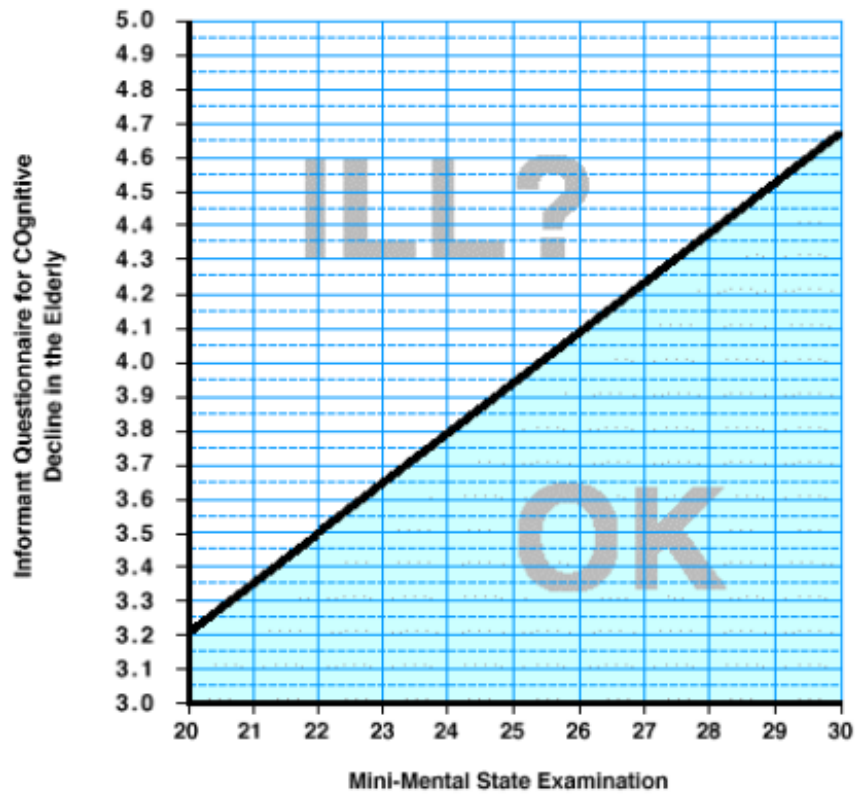
To score the IQCODE, add up the score for each question and divide by the number of questions (16).

The result is a score that ranges from 1 to 5.

An average score of 3 means that the subject is rated as 'no change'.

A score of 4 means 'a bit worse', and a score of 5 is 'much worse'.

The average score from the IQCODE is plotted on the “DemeGraph” below along with the score from the MMSE to assess the likelihood of the patient having dementia.



Patients whose score profile falls above the diagonal line (the unshaded portion of the graph) are likely to meet criteria for DSM-IV Dementia.

Patients who fall below the line (the shaded part of the graph) are unlikely to meet the criteria for this disorder.

## Likely diagnosis indicated by Short IQCODE Scores

| Likely Diagnosis                 | IQCODE Scores |
|----------------------------------|---------------|
| Normal                           | $\leq 3.5$    |
| Mild Cognitive Impairment (MCI)* | $\leq 3.5$    |
| Dementia                         | $> 3.5$       |

These scores are for guidance only and care should be taken with interpretation. Where doubt exists, either follow the patient closely or refer to/discuss with specialist services.

\* In MCI, there is some memory or other cognitive impairment. However, it is mild and does not **significantly** impair social or occupational functioning i.e., activities of daily living are preserved and complex functions are intact or only minimally impaired.

This is in contrast to dementia where the degree of memory and cognitive functioning creates **significant** social, occupational, or functional impairment.

Reference: [aucklandregion.healthpathways.org.nz](http://aucklandregion.healthpathways.org.nz)