PATIENT NO: _____   DATE: _____   TEST OCCASION:

| Baseline | Post ECT 3 or Post ECT 4 | |
|---|---|---|
|  |  |  |

# BRIEF ECT COGNITIVE SCREEN (BECS)

The BECS is to be administered prior to commencement of ECT and at least 1 day after the 3$^{rd}$ **or** 4$^{th}$ ECT treatment.

- For each item below use a stopwatch to time the duration.
- Read the instructions for each item below.
- Calculate the total time and total errors for both items.
- <u>Following post ECT 3 or post ECT 4</u> calculate the <u>BECS Total Score</u> out of 5 by adding together the scores for Total Errors and Total Time.

| | | Errors | Time (sec) |
|---|---|---|---|
| 1. | *Now I would like for you to count backwards from twenty to one as quickly as you can. Like this, twenty, nineteen, eighteen, etc., all the way to one. Start now.*<br><br>**20  19  18  17  16  15  14  13  12  11**<br><br>**10  9  8  7  6  5  4  3  2  1** |  |  |
| 2. | *For this last one, I would now like you to say the months of the year backwards starting with December as quickly as you can. Start now.*<br><br>**December  November  October  September  August**<br><br>**July  June  May  April  March**<br><br>**February  January** |  |  |
| | | **Total Errors** | **Total Time (seconds)** |
| | | | |

## CALCULATE DIFFERENCE

| | TOTAL ERRORS | TOTAL TIME |
|---|---|---|
| Post ECT 3 **MINUS** |  |  |
| Baseline |  |  |
| DIFFERENCE |  |  |
| **SCORE** |  |  |

| BECS TOTAL SCORE |
|---|
| **/5** |

*Scoring*

**NB: Scoring only applies to positive values**

If difference in errors < 1, score = 0
If difference in errors = 1, score = + 1
If difference in errors ≥ 2, score = + 2

If difference in time < 5, score = 0
If difference in time ≥ 5, score = + 1
If difference in time ≥ 8, score = + 2
If difference in time ≥ 12, score = + 3

For more information regarding the BECS, see the following reference
Martin, D. M., Katalinic, N., Ingram, A., Schweitzer, I., Smith, D. J., Hadzi-Pavlovic, D., & Loo, C. K. (2013). A new early cognitive screening measure to detect cognitive side-effects of electroconvulsive therapy?. *Journal of psychiatric research*, *47*(12), 1967-1974.