

# Checklist of possible behavioral warning signs of dementia

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Researchers on Sunday [outlined a syndrome](#) called "mild behavioral impairment" that may be a harbinger of Alzheimer's or other dementias, and proposed a checklist of symptoms to help identify who's at risk. The symptoms must mark a change from prior behavior and have lasted at least six months. Among the questions:

—Has the person lost interest in friends, [family](#) or home activities?

—Has the person become less spontaneous and active—for example, is he/she less likely to initiate or maintain conversation?

—Does the person view herself/himself as a burden to family?

—Has the person become more anxious or worried about things that are routine, like events, visits?

—Does the person feel very tense, having developed an inability to relax, or shakiness, or [symptoms](#) of panic?

—Has the person become agitated, aggressive, irritable or temperamental?

—Does the person hoard objects when she/he did not do so before?

—Has the person recently developed trouble regulating smoking, alcohol, drug intake or gambling, or started shoplifting?

—Does the person say rude or crude things or make lewd sexual remarks that she/he would not have said before?

—Has the person started talking openly about very personal or private matters not usually discussed in public?

—Has the person developed beliefs that they are in danger, or that others are planning to harm them or steal their belongings?

—Does the person report or act as if seeing things or hearing voices?

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