POMS2®

Profile of Mood States 2nd Edition–Adult

Juvia P. Heuchert, Ph.D. & Douglas M. McNair, Ph.D.

Assessment Report

Name/ID:	**Carrie Brown**
Age:	45 years
Gender:	Female
Birth Date:	February 12, 1967
Administration Date:	March 26, 2012
Administration Time:	8:21 AM
Assessor's Name:	
Data Entered By:	
Norm Option:	Combined Gender norms
Timeframe:	PAST WEEK, INCLUDING TODAY

SAMPLE
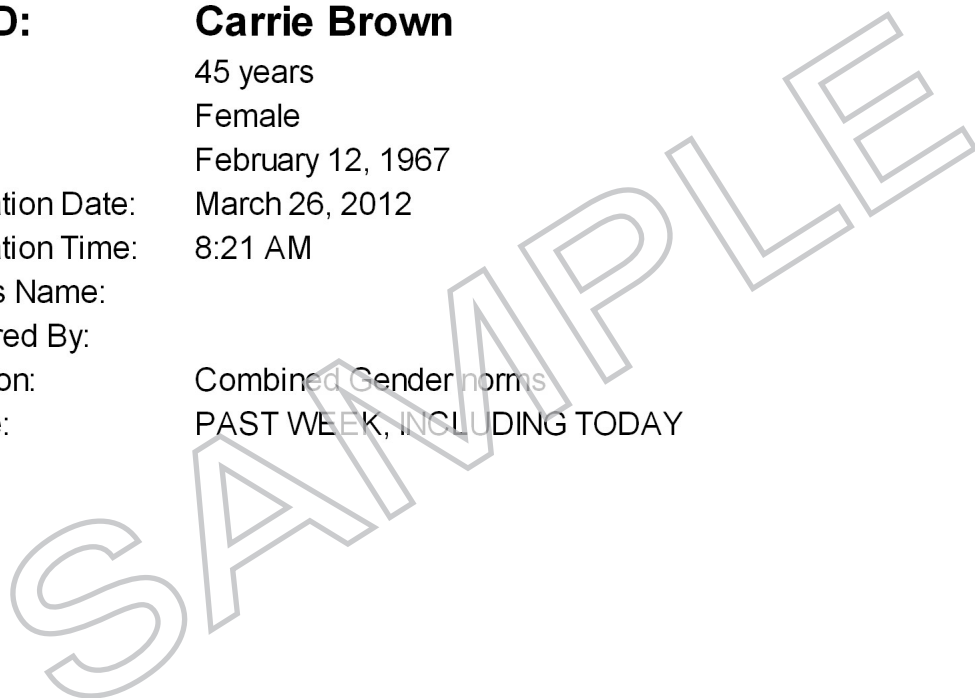
This Assessment Report is intended for use by qualified assessors only, and is not to be shown or presented to the respondent or any other unqualified individuals.

Introduction

The Profile of Mood States 2nd Edition–Adult (POMS 2–A) is a self-report assessment of mood that is adaptable to capturing transient and fluctuating feelings, or relatively enduring affect states in adults aged 18+ years. Results from the POMS 2–A contribute to a comprehensive assessment by providing indications of potential mood disturbance. This measure is flexibly employed at different stages of clinical or applied intervention: Baseline Total Mood Disturbance and the six other mood state scores reflect an individual's current mood and may be used to inform treatment plans; additionally, periodic reassessment with the POMS 2–A is a means of monitoring interventions aimed at reducing negative affect or ameliorating mood disturbance. This report provides descriptive information about scale scores and context for determining how an individual compares to a norm group, showing which scores may be indicative of problematic mood states. Additional interpretive information is found in the *Profile of Mood States 2nd Edition Manual* (published by MHS).

This report is an interpretive aid and should not be provided to the client/patient/respondent, or used as the sole basis for clinical diagnosis or intervention. Administrators are cautioned against drawing unsupported interpretations. To obtain a comprehensive view of the individual, information from this report should be combined with information gathered from other psychometric measures, interviews, observations, and available records. This report is based on an algorithm that produces the most common interpretations of the obtained scores. Administrators should review responses to specific items to ensure that these interpretations apply.
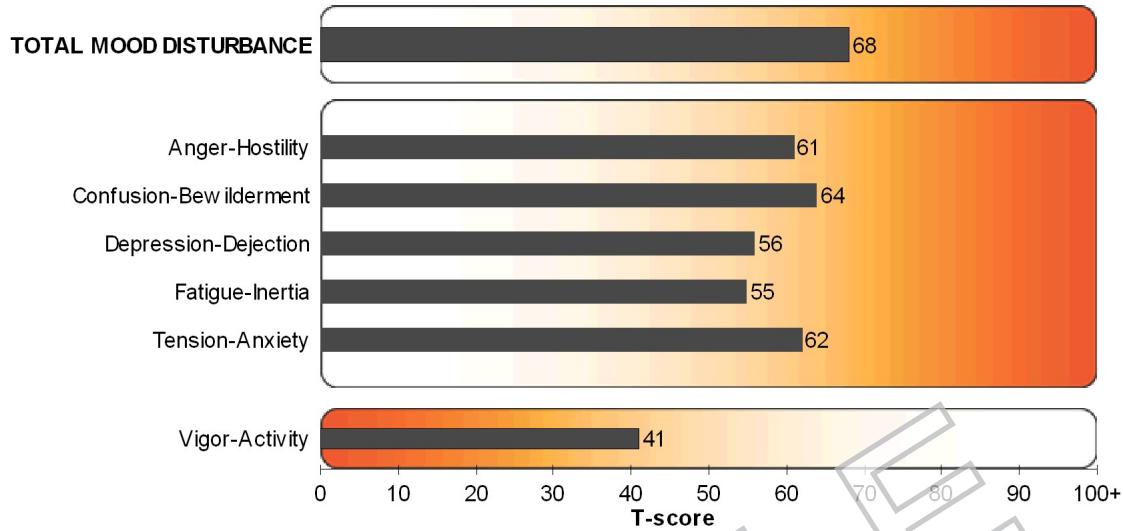
Interpreting T-scores

The information in this section applies to interpreting all T-scores presented in this report. Responses on the POMS 2–A are combined to produce a Total Mood Disturbance (TMD) score and scores on six mood clusters: Anger-Hostility (AH), Confusion-Bewilderment (CB), Depression-Dejection (DD), Fatigue-Inertia (FI), Tension-Anxiety (TA), and Vigor-Activity (VA). A scale score is also calculated for Friendliness (F). TMD is determined by summing the Negative Mood State scales and subtracting VA (a Positive Mood State scale). Friendliness is considered separately, as a mood state that may influence the severity of mood disturbance through interpersonal functioning.

- TMD & Negative Mood States – Higher scores (i.e., Elevated, Very Elevated) could indicate a problem
- Positive Mood States – Lower scores (i.e., Low, Very Low) could indicate a problem
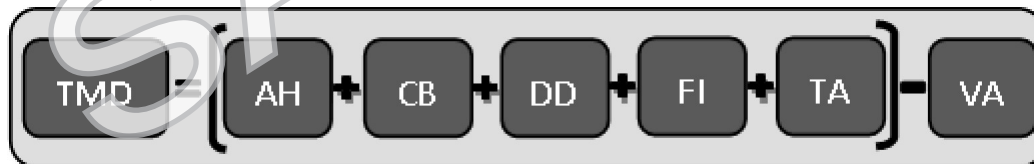
T-scores

The following graph displays Carrie Brown's T-scores.

Detailed Scores

The following table summarizes results from Carrie Brown's self-report, and provides general information about how she compares to the normative group.

Interpreting T-scores:

- TMD & Negative Mood States – Higher scores (i.e., Elevated, Very Elevated) could indicate a problem
- Positive Mood States – Lower scores (i.e., Low, Very Low) could indicate a problem

| Scale	Raw Score	T-score	90% CI	Percentile	Classification	Interpretive Guideline
TOTAL MOOD DISTURBANCE	75	68	65–71	93	Elevated (More concerns than are typical)	Carrie Brown's Total Mood Disturbance score is elevated, which indicates that she is experiencing problems with her current emotional functioning. An examination of all scale scores will identify those mood states that are most problematic for her.
Negative Mood States						
Anger-Hostility	18	61	56–66	85	Elevated (More concerns than are typical)	May be easily annoyed or grouchy, may feel antipathy toward others, or may display overt anger.
Confusion-Bewilderment	21	64	58–70	90	Elevated (More concerns than are typical)	May be experiencing confusion and/or disorganized thinking.
Depression-Dejection	16	56	52–60	79	Average (Typical levels of concern)	Experiences of depression and/or dejection are typical; about the same as those experienced by the average person.
Fatigue-Inertia	12	55	50–60	73	Average (Typical levels of concern)	Experiences of fatigue and/or inertia are typical; about the same as those experienced by the average person.
Tension-Anxiety	22	62	57–67	86	Elevated (More concerns than are typical)	May be experiencing bodily tension (e.g., feeling on edge), or experiencing anxious movement (e.g., shakiness).
Positive Mood State						
Vigor-Activity	14	41	35–47	20	Average (Typical levels of concern)	Experiences of vigor and/or activity level are typical; about the same as those experienced by the average person.

Note(s):   CI = Confidence Interval.

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Friendliness

In the POMS 2 model, Friendliness is different from the other mood states because it is distinctly interpersonal. How an individual feels toward others may contribute to, or be impacted by, his/her affective state. Since Friendliness represents positive interpersonal feelings, this scale may be used as a barometer of the interpersonal domain in providing an indication of one's adaptability and quality of life.

Results

The following graph displays Carrie Brown's Friendliness T-score.

Friendliness — 49

0 10 20 30 40 50 60 70 80 90 100+
T-score
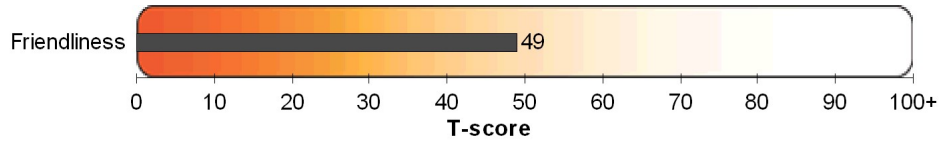
The following table summarizes Carrie Brown's self-report on the Friendliness scale, and provides general information about how she compares to the normative group.

Interpreting T-scores:
- TMD & Negative Mood States – Higher scores (i.e., Elevated, Very Elevated) could indicate a problem
- Positive Mood States – Lower scores (i.e., Low, Very Low) could indicate a problem

Scale	Raw Score	T-score	90% CI	Percentile	Classification
Positive Mood State					
Friendliness	16	49	42–56	42	Average (Typical levels of positive feelings toward others)

Note(s):
CI = Confidence Interval.

Interpretive Guideline

Friendliness (F): Average

In the interpersonal domain, Carrie Brown is experiencing positive feelings toward others (as indicated by her Average Friendliness score). Carrie Brown, however, is experiencing some level of difficulty (as indicated by her scores on Total Mood Disturbance, Anger-Hostility, Confusion-Bewilderment, and Tension-Anxiety). If she is experiencing positive feelings toward others, this strength may support intervention. Social support is a strong predictor of positive outcomes when one is coping with various difficulties in life.

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Summary of Results

The following section summarizes Carrie Brown's results on the POMS 2–A. The scores reported here include the obtained T-score, 90% Confidence Interval (CI), and Percentile Rank.

Total Mood Disturbance

The **Total Mood Disturbance** score indicates the extent to which Carrie Brown experienced overall negative affect, such as anger, depression, and anxiety. Ratings on this scale yielded a T-score of 68 (90% CI = 65–71), which is ranked at the 93rd percentile, and falls within the Elevated score range. Further analysis of individual scale scores will identify areas that contribute to the TMD score.

Negative Mood States

The **Anger-Hostility** scale score reflects the extent to which Carrie Brown experienced anger or antipathy toward others. Ratings on this scale yielded a T-score of 61 (90% CI = 56–66), which is ranked at the 85th percentile, and falls within the Elevated score range.

The **Confusion-Bewilderment** scale score indicates the extent to which Carrie Brown felt confused, disorganized, or perplexed. Ratings on this scale yielded a T-score of 64 (90% CI = 58–70), which is ranked at the 90th percentile, and falls within the Elevated score range.

The **Depression-Dejection** scale score indicates the extent to which Carrie Brown experienced depression, accompanied by a sense of personal inadequacy. Ratings on this scale yielded a T-score of 56 (90% CI = 52–60), which is ranked at the 79th percentile, and falls within the Average score range.

The **Fatigue-Inertia** scale score reflects the extent to which Carrie Brown felt weary and/or listless. Ratings on this scale yielded a T-score of 55 (90% CI = 50–60), which is ranked at the 73rd percentile, and falls within the Average score range.

The **Tension-Anxiety** scale score signifies the extent to which Carrie Brown experienced heightened anxiety and musculoskeletal tension, in the form of unobservable somatic tension (e.g., tense, on edge), and/or observable psychomotor manifestations (e.g., shaky, restless). Ratings on this scale yielded a T-score of 62 (90% CI = 57–67), which is ranked at the 86th percentile, and falls within the Elevated score range.

Positive Mood State(s)

The **Vigor-Activity** scale score indicates the extent to which Carrie Brown felt vigorous and/or energetic; the higher are her positive feelings and/or energy, the greater is her score (i.e., a low score indicates relatively fewer positive feelings and/or low energy). Ratings on this scale yielded a T-score of 41 (90% CI = 35–47), which is ranked at the 20th percentile, and falls within the Average score range.

The **Friendliness** scale measures the extent to which Carrie Brown experienced positive feelings toward others; the more positively she feels toward others, the higher is her score (i.e., a low score indicates relatively fewer positive interpersonal feelings). Ratings on this scale yielded a T-score of 49 (90% CI = 42–56), which is ranked at the 42nd percentile, and falls within the Average score range.

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Item Responses

Carrie Brown provided the following item responses.

Item	Response	Item	Response	Item	Response
1.	3	23.	2	45.	1
2.	3	24.	3	46.	2
3.	1	25.	3	47.	2
4.	2	26.	3	48.	2
5.	1	27.	3	49.	2
6.	2	28.	3	50.	2
7.	2	29.	1	51.	2
8.	1	30.	1	52.	2
9.	2	31.	1	53.	0
10.	3	32.	3	54.	2
11.	2	33.	2	55.	1
12.	2	34.	2	56.	2
13.	2	35.	2	57.	1
14.	2	36.	2	58.	2
15.	3	37.	2	59.	2
16.	1	38.	1	60.	1
17.	2	39.	3	61.	2
18.	0	40.	1	62.	2
19.	1	41.	1	63.	2
20.	1	42.	2	64.	2
21.	1	43.	1	65.	2
22.	2	44.	0		

Response Key:

0 = Not at all
1 = A little
2 = Moderately
3 = Quite a bit
4 = Extremely
? = Omitted item

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For Administrator: This section of the report may be given to the respondent or to a third party provided appropriate consent (e.g., spouse, relative, etc.) has been signed.

Profile of Mood States 2nd Edition–Adult
Feedback Handout

Name/ID: Carrie Brown

Age: 45 years

Administration Date: March 26, 2012

Assessor's Name:

This feedback handout explains scores from ratings of mood states on the Profile of Mood States 2nd Edition–Adult (POMS 2–A).

What is the POMS 2–A?
The POMS 2–A is a test that is used to collect information about how you are feeling. It mostly measures the feelings that make you unhappy or uncomfortable. The POMS 2–A is based on a test that was developed by Drs. Heuchert and McNair, experts in testing people's moods. Research has shown that the POMS 2–A is reliable and valid.

Why complete the POMS 2–A?
The POMS 2–A is usually used to better understand your mood and feelings. It is important to identify if you have problems with your feelings so that a plan can be made to help with that. This information can also be used to see if your treatment is helping. It is sometimes used as a routine checkup, even if there is no reason to think that you have a problem with your feelings. If you are not sure why you were asked to take the POMS 2–A, please ask the person listed at the top of this form.

How does the POMS 2–A work?
You read 65 words that describe feelings. You then marked how often you had those feelings during a particular timeframe. Your choices were then grouped together. Each of these groups described feelings such as sadness, anger, or feeling tense. Your choices were compared to those made by other people in your age group. The results show if you are having more problems with your feelings than your peers. All of this information can be used to see if you can be helped to deal with any feelings that are bothering you.

Results from the POMS 2–A
The following section lists the areas of mood covered by the POMS 2–A. It also shows whether you reported average levels of the mood state, or if your ratings were higher than usual. The information on Vigor and Friendliness shows whether your ratings are lower than those of other people. If you got scores that are different from what other people usually get, a description is given to help you understand the difficulties you may be having. You may not have *all* of the problems in an area; you may have only *some* of the problems. Also, please remember that high scores do not necessarily mean that you have a serious problem or require treatment. POMS 2–A scores must be considered with other information (for example, interviews or other test results), by a qualified clinician, before the decision is made that a problem exists.

General Mood: You may experience more negative feelings, such as anger, depression and anxiety, than other people.
Anger: You may be feeling more angry or hostile than others.
Confusion: You may experience moments of confusion or unclear thinking.
Depression: Your scores were average or lower than those of others, indicating no significant concerns in this area.
Fatigue: Your scores were average or lower than those of others, indicating no significant concerns in this area.
Tension: You may be feeling more tense, or on edge, or you may be feeling more anxious, shaky, or restless than others.
Vigor: Your positive feelings and energy level scores were average.
Friendliness: You generally have positive feelings toward others.

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