POMS2®

Profile of Mood States 2nd Edition–Adult

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

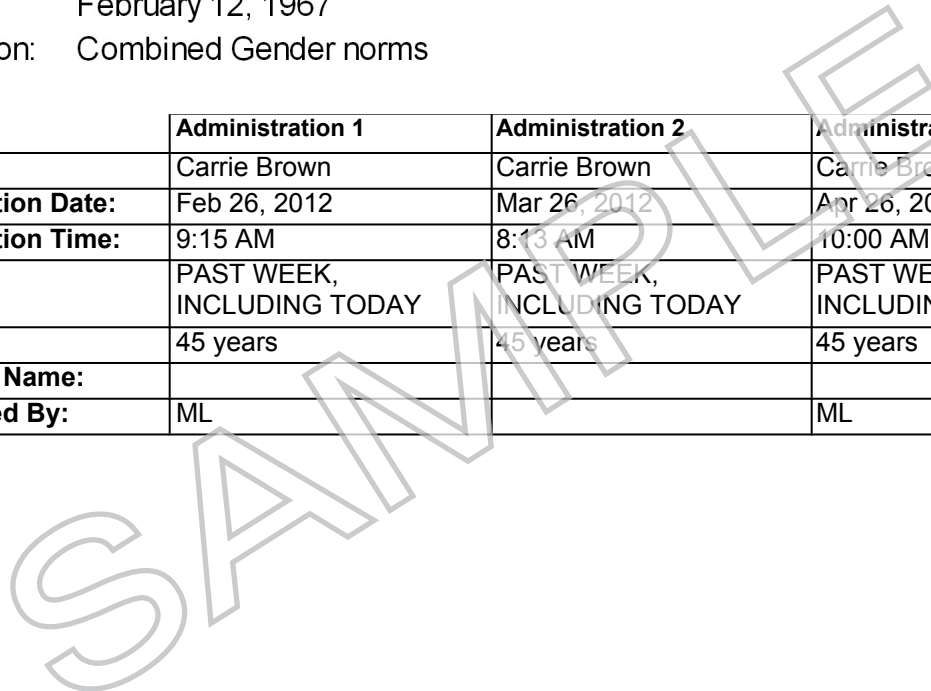## Progress Report

Name/ID: Carrie Brown

Gender: Female
Birth Date: February 12, 1967
Norm Option: Combined Gender norms

	Administration 1	Administration 2	Administration 3
Name/ID:	Carrie Brown	Carrie Brown	Carrie Brown
Administration Date:	Feb 26, 2012	Mar 26, 2012	Apr 26, 2012
Administration Time:	9:15 AM	8:13 AM	10:00 AM
Timeframe:	PAST WEEK, INCLUDING TODAY	PAST WEEK, INCLUDING TODAY	PAST WEEK, INCLUDING TODAY
Age:	45 years	45 years	45 years
Assessor's Name:			
Data Entered By:	ML		ML

This Progress 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. When used in combination with other information, results from the POMS 2–A can help to better understand an individual and guide intervention decisions. This report combines the results of up to four POMS 2–A administrations to help the user interpret changes in reported mood that occurred over time. Please note that this Progress Report is intended to provide an overview of how scores changed over time. For detailed information about any given administration, please refer to the POMS 2–A Assessment Reports. 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 Change in T-scores

The information in this section applies to interpreting all T-scores presented in this report, and to interpreting change in T-scores. 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 – Increase in T-score(s) could indicate a worsening of mood
- Positive Mood States – Decrease in T-score(s) could indicate a worsening of mood
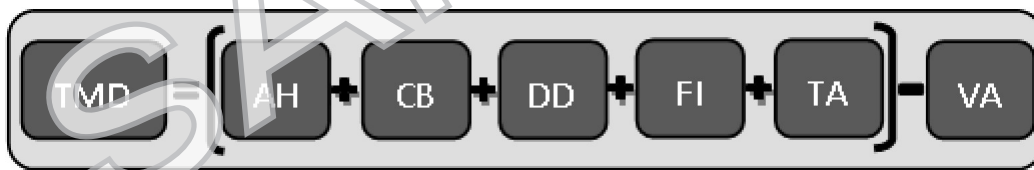
T-score	Classification	
	TMD & Negative Mood States (AH, CB, DD, FI, TA)	**Positive Mood States (VA, F)**
70+	Very Elevated Score (Many more concerns than are typically reported)	Very Elevated Score (Far fewer concerns than are typically reported)
60–69	Elevated Score (More concerns than are typically reported)	Elevated Score (Fewer concerns than are typically reported)
40–59	Average Score (Typical levels of concern)	Average Score (Typical levels of concern)
30–39	Low Score (Fewer concerns than are typically reported)	Low Score (More concerns than are typically reported)
< 30	Very Low Score (Far fewer concerns than are typically reported)	Very Low Score (Many more concerns than are typically reported)

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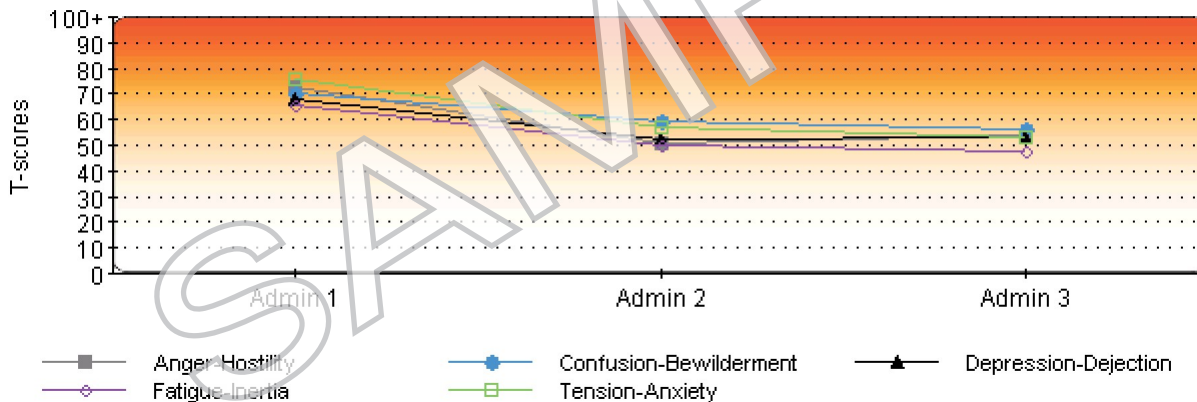
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T-scores: Comparison Across Administrations

The following graphs display Carrie Brown's T-scores.

- TMD & Negative Mood States – Increase in T-score(s) could indicate a worsening of mood
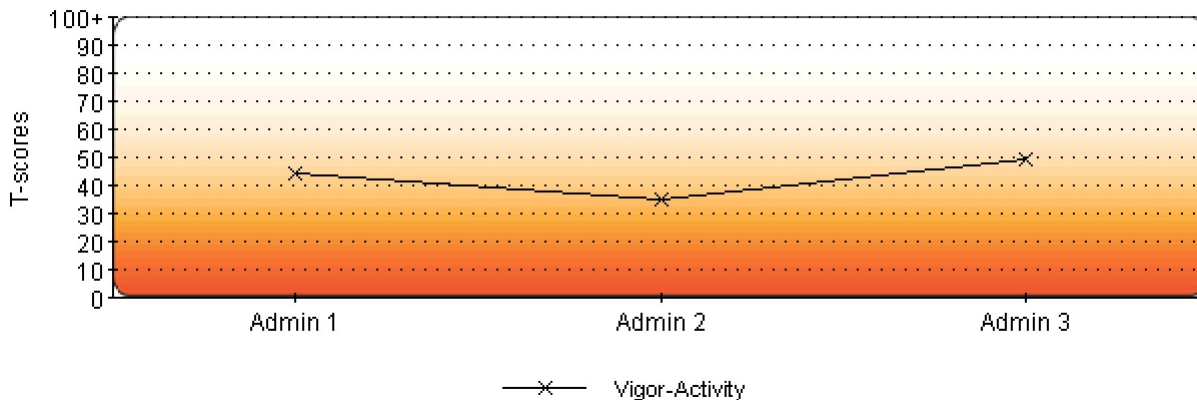- Positive Mood States – Decrease in T-score(s) could indicate a worsening of mood

TOTAL MOOD DISTURBANCE
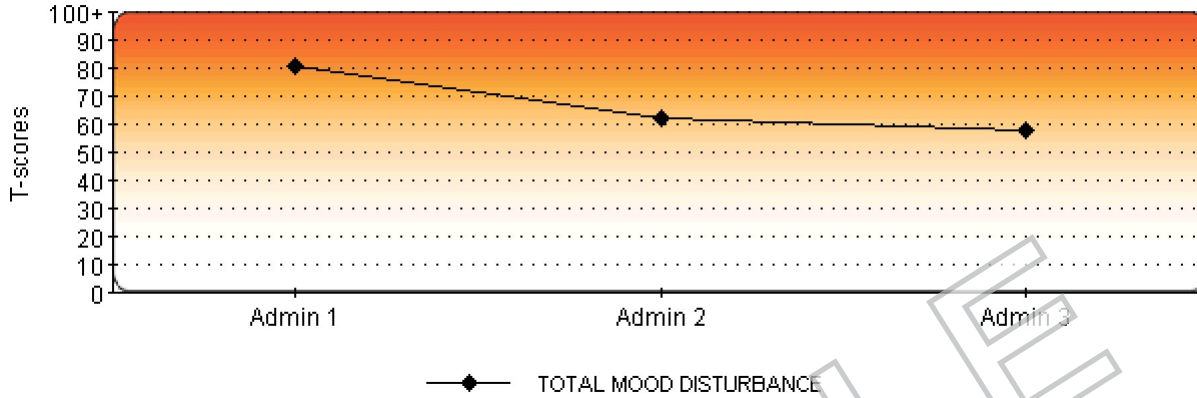
**Negative Mood States**

Positive Mood State

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T-scores: Scale-Level Comparisons Across Administrations

The following graphs display T-scores for each scale that were obtained across administrations, as well as a summary of statistically significant changes. Changes in T-scores are defined as statistically significant if they meet statistical criteria ($p < .10$) for reliable change.

Interpreting Change in T-scores:
- Increase – TMD & negative mood worsened; positive mood improved
- Decrease – TMD & negative mood improved; positive mood worsened
- No Change – Difference did not reach statistical significance

TOTAL MOOD DISTURBANCE
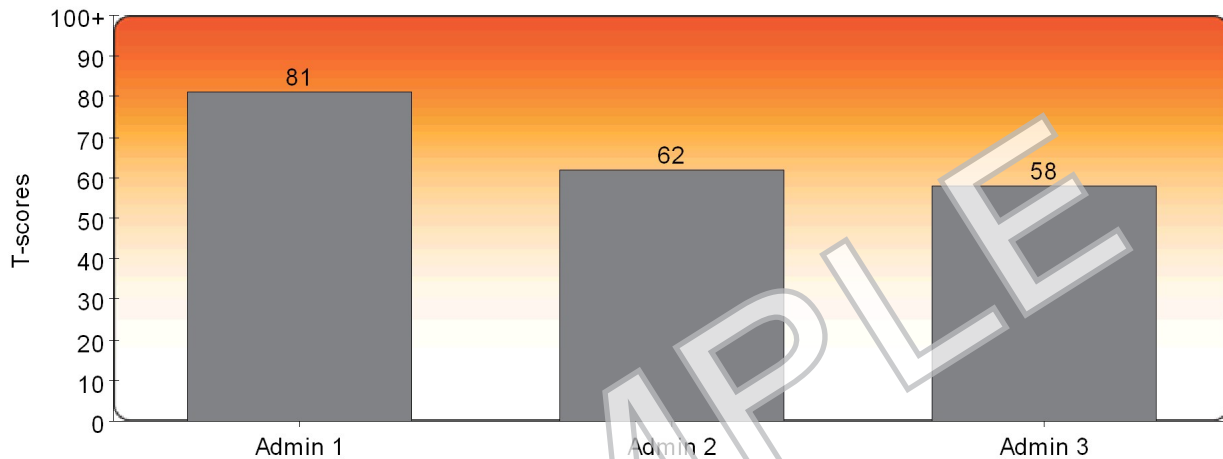
Overall (Admin 1 to Admin 3): Significant Decrease
Admin 1 to Admin 2: Significant Decrease
Admin 2 to Admin 3: No Significant Change

Anger-Hostility

Overall (Admin 1 to Admin 3): Significant Decrease
Admin 1 to Admin 2: Significant Decrease
Admin 2 to Admin 3: No Significant Change

Confusion-Bewilderment

Overall (Admin 1 to Admin 3): Significant Decrease
Admin 1 to Admin 2: Significant Decrease
Admin 2 to Admin 3: No Significant Change

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Depression-Dejection

T-scores

| Admin 1 | Admin 2 | Admin 3 |
| 68 | 52 | 53 |

Overall (Admin 1 to Admin 3): Significant Decrease
Admin 1 to Admin 2: Significant Decrease
Admin 2 to Admin 3: No Significant Change

Fatigue-Inertia
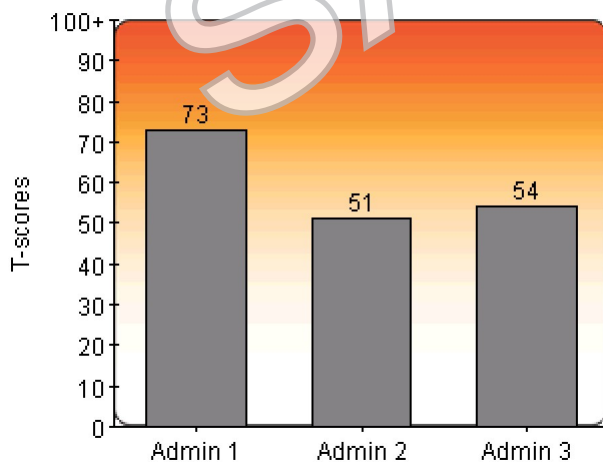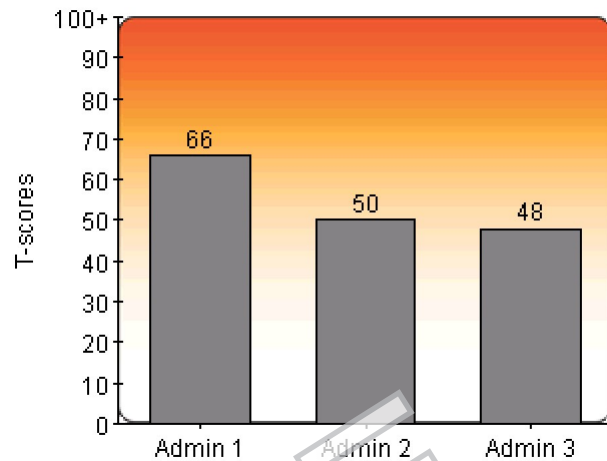

T-scores

| Admin 1 | Admin 2 | Admin 3 |
| 66 | 50 | 48 |

Overall (Admin 1 to Admin 3): Significant Decrease
Admin 1 to Admin 2: Significant Decrease
Admin 2 to Admin 3: No Significant Change

Tension-Anxiety

T-scores

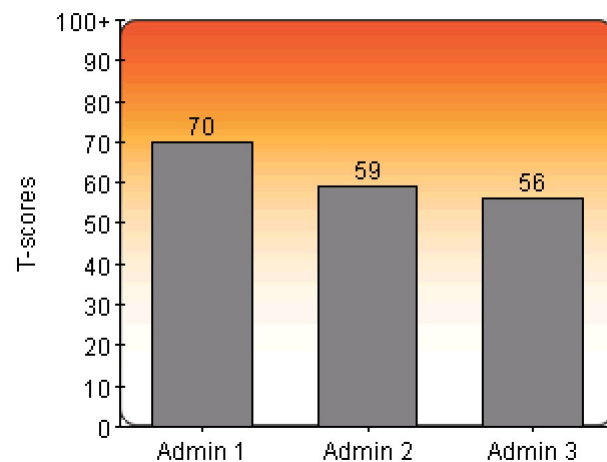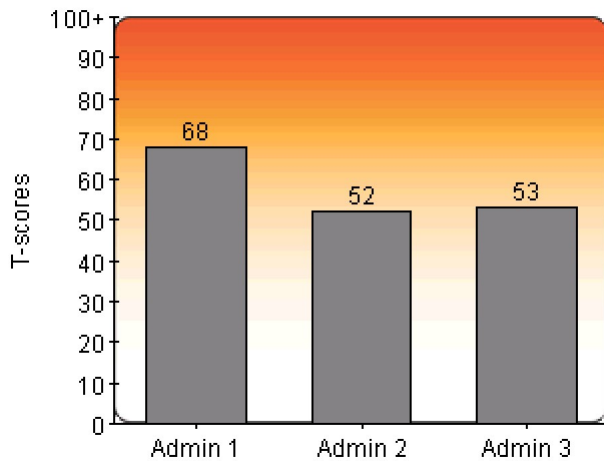| Admin 1 | Admin 2 | Admin 3 |
| 76 | 57 | 53 |

Overall (Admin 1 to Admin 3): Significant Decrease
Admin 1 to Admin 2: Significant Decrease
Admin 2 to Admin 3: No Significant Change

Vigor-Activity

T-scores

| Admin 1 | Admin 2 | Admin 3 |
| 44 | 35 | 49 |

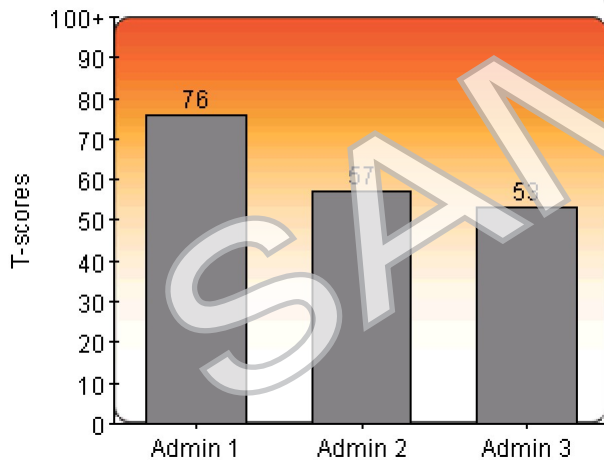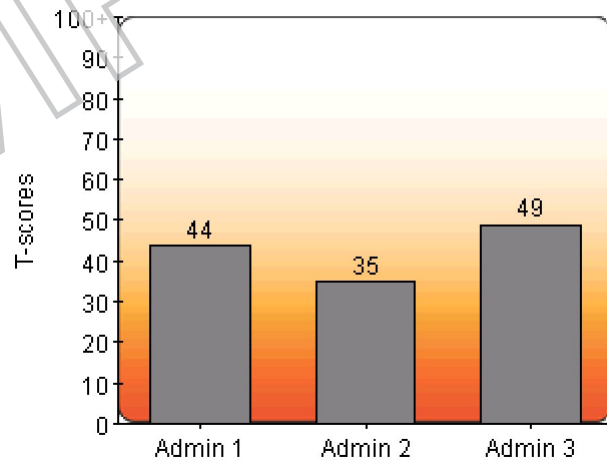**Overall (Admin 1 to Admin 3): No Significant Change**
Admin 1 to Admin 2: Significant Decrease
Admin 2 to Admin 3: Significant Increase

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Detailed Scores: Comparison Across Administrations

The following table displays the T-scores for each scale that were obtained across administrations, as well as a summary of statistically significant changes. Changes in T-scores are defined as statistically significant if they meet statistical criteria (*p* < .10) for reliable change.

Interpreting Change in T-scores:
- Increase – TMD & negative mood worsened; positive mood improved
- Decrease – TMD & negative mood improved; positive mood worsened
- No Change – Difference did not reach statistical significance

| Scale		Admin 1	Admin 2	Admin 3	Statistically Significant Changes in T-scores		
					Overall (1 to 3)	Admin 1 to Admin 2	Admin 2 to Admin 3
TOTAL MOOD DISTURBANCE	T-score	81	62	58	Significant Decrease	Significant Decrease	No Significant Change
	90% CI	78–84	59–65	55–61			
	Percentile	99	87	80			
	Raw Score	115	56	44			
Negative Mood States							
Anger-Hostility	T-score	73	51	54	Significant Decrease	Significant Decrease	No Significant Change
	90% CI	68–78	46–56	49–59			
	Percentile	95	67	74			
	Raw Score	27	10	12			
Confusion-Bewilderment	T-score	70	59	56	Significant Decrease	Significant Decrease	No Significant Change
	90% CI	64–76	53–65	50–62			
	Percentile	94	82	75			
	Raw Score	25	17	15			
Depression-Dejection	T-score	68	52	53	Significant Decrease	Significant Decrease	No Significant Change
	90% CI	64–72	48–56	49–57			
	Percentile	92	71	74			
	Raw Score	28	12	13			
Fatigue-Inertia	T-score	66	50	48	Significant Decrease	Significant Decrease	No Significant Change
	90% CI	61–71	45–55	43–53			
	Percentile	92	59	51			
	Raw Score	18	9	8			
Tension-Anxiety	T-score	76	57	53	Significant Decrease	Significant Decrease	No Significant Change
	90% CI	71–81	52–62	48–58			
	Percentile	99	78	68			
	Raw Score	33	18	15			
Positive Mood State							
Vigor-Activity	T-score	44	35	49	No Significant Change	Significant Decrease	Significant Increase
	90% CI	38–50	29–41	43–55			
	Percentile	29	8	43			
	Raw Score	16	10	19			

Note(s):
CI = Confidence Interval.

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Friendliness

Friendliness represents positive interpersonal feelings; as such, this scale may be used as a barometer of the interpersonal domain in providing an indication of a positive attitude towards interpersonal relationships and other people. Such a positive attitude could stem from positive past experiences with others or a positive cognitive set. A high score can indicate an area of strength that can be used in treatment. Furthermore, monitoring improvements in the interpersonal domain may be informative in the treatment of mood disturbance. An intervention aimed at strengthening or using interpersonal skills may show successive improvement in mood disturbance scores.

Results

The following graph displays Carrie Brown's Friendliness T-scores.
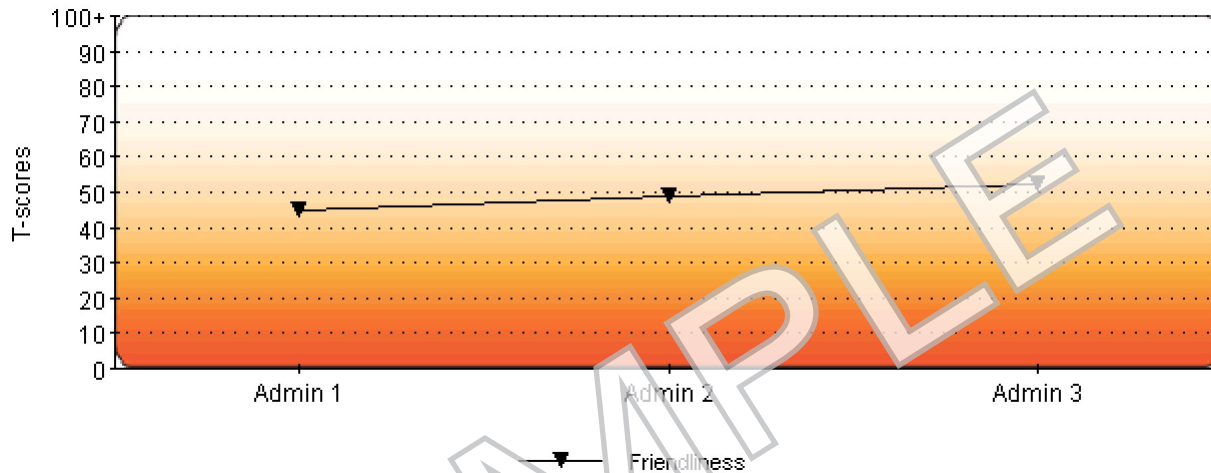
The following table summarizes Carrie Brown's Friendliness scores, as well as statistically significant (*p* < .10) changes in scores across pairs of administrations.

Interpreting Change in T-scores:

- Increase – Positive feelings toward others increased
- Decrease – Positive feelings toward others decreased
- No Change – Difference did not reach statistical significance

Friendliness	Admin 1	Admin 2	Admin 3	Statistically Significant Changes in T-scores		
				Overall (1 to 3)	Admin 1 to Admin 2	Admin 2 to Admin 3
T-score	45	49	52	No Significant Change	No Significant Change	No Significant Change
90% CI	38–52	42–56	45–59			
Percentile	27	42	50			
Raw Score	14	16	17			

Note(s):
CI = Confidence Interval.

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Summary of Results

The following section summarizes Carrie Brown's results, as well as significant changes in scores across pairs of administrations. *Note.* T = T-score; CI = Confidence Interval.

For the purposes of this summary, T-score classifications are combined at the high and low end such that, T-scores ≥ 100 are displayed as 100; Elevated score = T-score ≥ 60; Average score = 40 ≥ T-score ≤ 59; Low score = T-score ≤ 39.

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. Elevated scores were obtained for Admin 1 (T = 81; 90% CI = 78–84), and Admin 2 (T = 62; 90% CI = 59–65). Average scores were obtained for Admin 3 (T = 58; 90% CI = 55–61). Scores on this scale significantly decreased across: Admin 1 to Admin 3, Admin 1 to Admin 2.

Negative Mood States

The **Anger-Hostility** scale score reflects the extent to which Carrie Brown experienced anger or antipathy toward others. Elevated scores were obtained for Admin 1 (T = 73; 90% CI = 68–78). Average scores were obtained for Admin 2 (T = 51; 90% CI = 46–56), and Admin 3 (T = 54; 90% CI = 49–59). Scores on this scale significantly decreased across: Admin 1 to Admin 3, Admin 1 to Admin 2.

The **Confusion-Bewilderment** scale score indicates the extent to which Carrie Brown felt confused, disorganized, or perplexed. Elevated scores were obtained for Admin 1 (T = 70; 90% CI = 64–76). Average scores were obtained for Admin 2 (T = 59; 90% CI = 53–65), and Admin 3 (T = 56; 90% CI = 50–62). Scores on this scale significantly decreased across: Admin 1 to Admin 3, Admin 1 to Admin 2.

The **Depression-Dejection** scale score indicates the extent to which Carrie Brown experienced depression, accompanied by a sense of personal inadequacy. Elevated scores were obtained for Admin 1 (T = 68; 90% CI = 64–72). Average scores were obtained for Admin 2 (T = 52; 90% CI = 48–56), and Admin 3 (T = 53; 90% CI = 49–57). Scores on this scale significantly decreased across: Admin 1 to Admin 3, Admin 1 to Admin 2.

The **Fatigue-Inertia** scale score reflects the extent to which Carrie Brown felt weary and/or listless. Elevated scores were obtained for Admin 1 (T = 66; 90% CI = 61–71). Average scores were obtained for Admin 2 (T = 50; 90% CI = 45–55), and Admin 3 (T = 48; 90% CI = 43–53). Scores on this scale significantly decreased across: Admin 1 to Admin 3, Admin 1 to Admin 2.

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). Elevated scores were obtained for Admin 1 (T = 76; 90% CI = 71–81). Average scores were obtained for Admin 2 (T = 57; 90% CI = 52–62), and Admin 3 (T = 53; 90% CI = 48–58). Scores on this scale significantly decreased across: Admin 1 to Admin 3, Admin 1 to Admin 2.

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). Average scores were obtained for Admin 1 (T = 44; 90% CI = 38–50), and Admin 3 (T = 49; 90% CI = 43–55). Low scores were obtained for Admin 2 (T = 35; 90% CI = 29–41). Scores on this scale significantly increased across: Admin 2 to Admin 3. Scores on this scale significantly decreased across: Admin 1 to Admin 2.

The **Friendliness** scale score 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). Average scores were obtained for Admin 1 (T = 45; 90% CI = 38–52), Admin 2 (T = 49; 90% CI = 42–56), and Admin 3 (T = 52; 90% CI = 45–59). Scores were not significantly different across administrations.

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Item Responses

Carrie Brown provided the following item responses.

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

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

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