



Profile of Mood States 2nd Edition–Youth

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

Progress Report

Name/ID: Derrick Smith

Gender: Male

Birth Date: February 22, 1998

Norm Option: Combined Age & Gender norms

	Administration 1	Administration 2	Administration 3
Name/ID:	Derrick Smith	Derrick Smith	Derrick Smith
Administration Date:	Mar 26, 2012	Apr 27, 2012	May 18, 2012
Administration Time:	11:30 AM	2:00 PM	2:00 PM
Timeframe:	PAST WEEK, INCLUDING TODAY	PAST WEEK, INCLUDING TODAY	PAST WEEK, INCLUDING TODAY
Age:	14 years	14 years	14 years
Grade:	9	9	9
Assessor's Name:			
Data Entered By:			

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–Youth (POMS 2–Y) is a self-report assessment of mood that is adaptable to capturing transient and fluctuating feelings, or relatively enduring affect states in youths aged 13–17 years. When used in combination with other information, results from the POMS 2–Y can help to better understand an individual and guide intervention decisions. This report combines the results of up to four POMS 2–Y 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–Y 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 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–Y 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



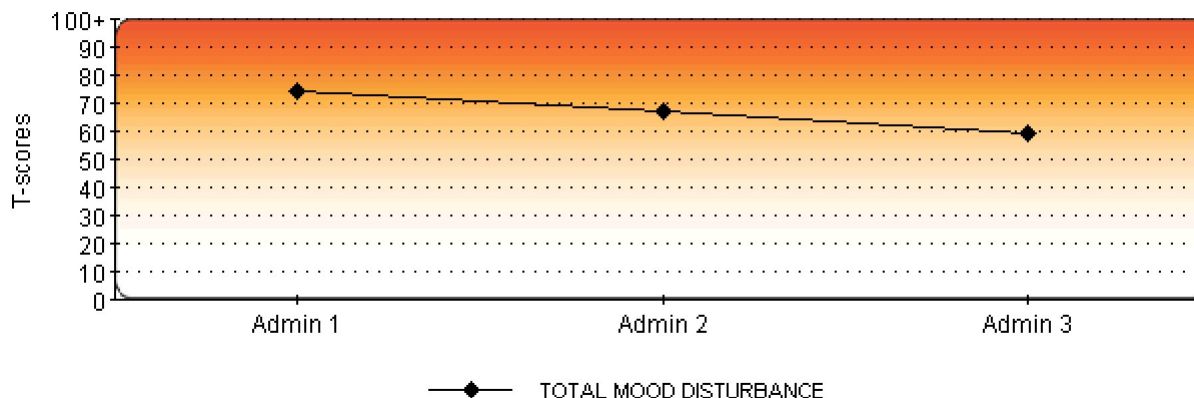
T-score	Classification	
	TMD & Negative Mood States (AH, CB, DD, FI, TA)	Positive Mood States (VA, F)
70+	Very Elevated Score (Many more concerns than are typically reported)	Very Elevated Score (Far fewer concerns than are typically reported)
60–69	Elevated Score (More concerns than are typically reported)	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)

T-scores: Comparison Across Administrations

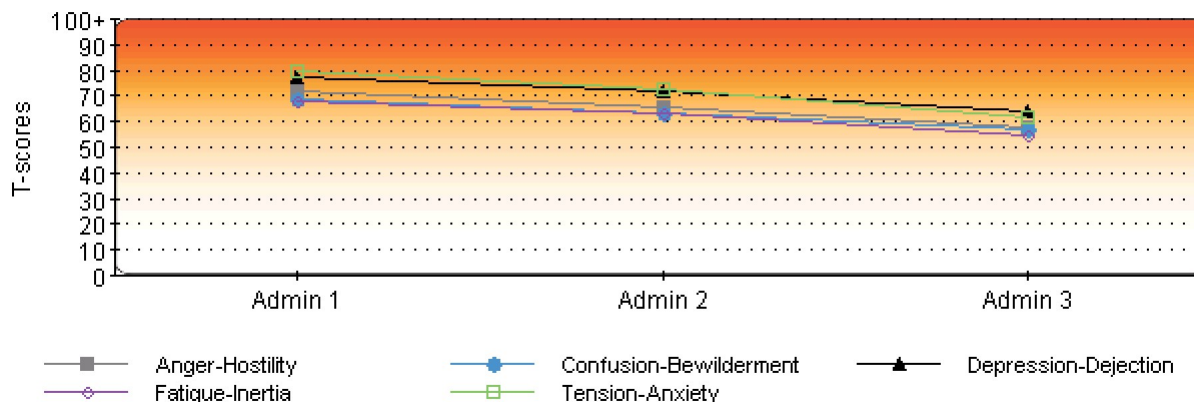
The following graphs display Derrick Smith's T-scores.

- 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

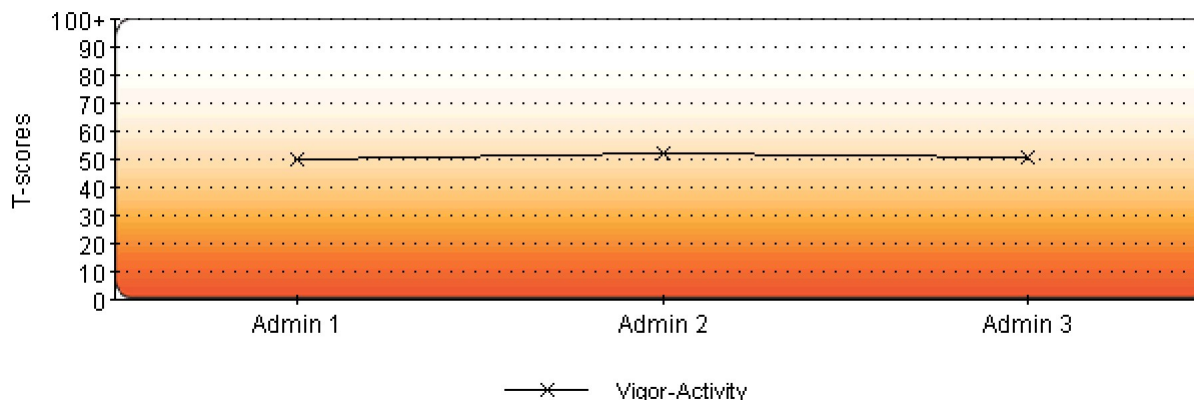
TOTAL MOOD DISTURBANCE



Negative Mood States



Positive Mood State



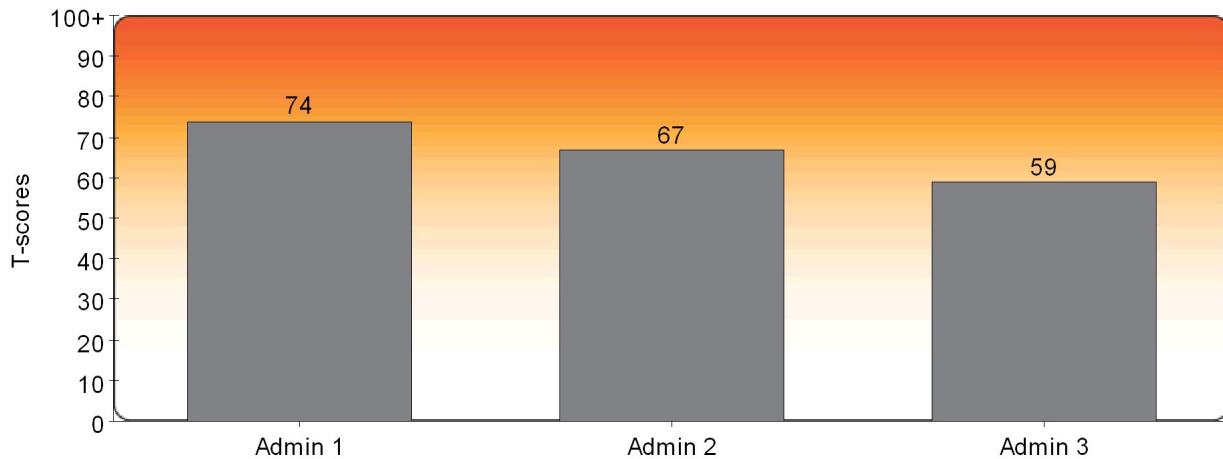
T-scores: Scale-Level Comparisons Across Administrations

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

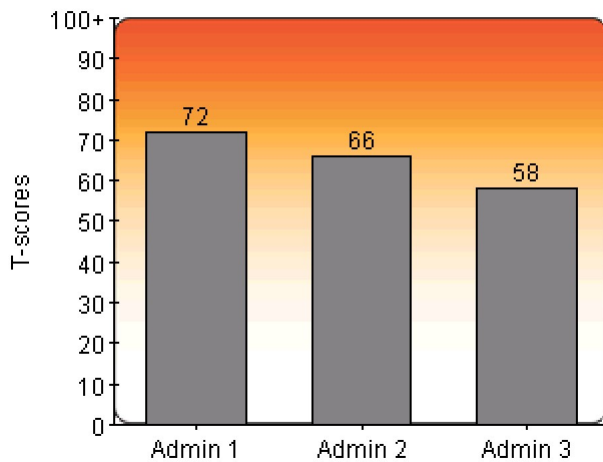


Overall (Admin 1 to Admin 3): Significant Decrease

Admin 1 to Admin 2: Significant Decrease

Admin 2 to Admin 3: Significant Decrease

Anger-Hostility

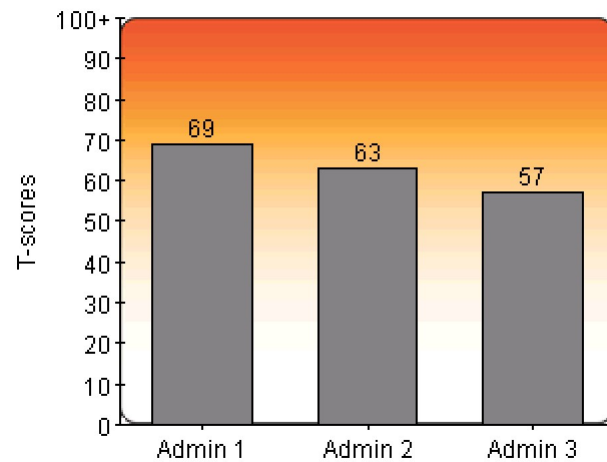


Overall (Admin 1 to Admin 3): Significant Decrease

Admin 1 to Admin 2: No Significant Change

Admin 2 to Admin 3: Significant Decrease

Confusion-Bewilderment

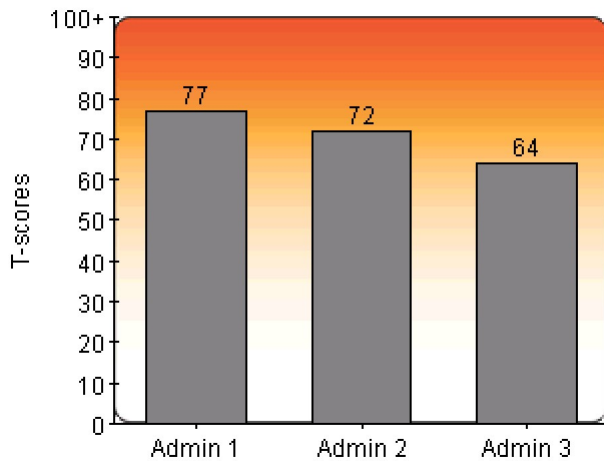


Overall (Admin 1 to Admin 3): Significant Decrease

Admin 1 to Admin 2: No Significant Change

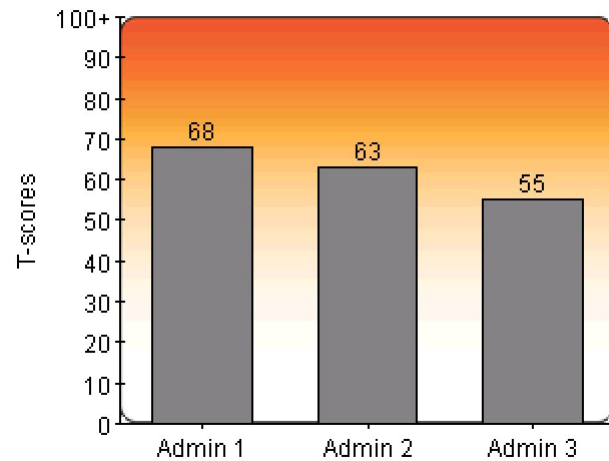
Admin 2 to Admin 3: No Significant Change

Depression-Dejection



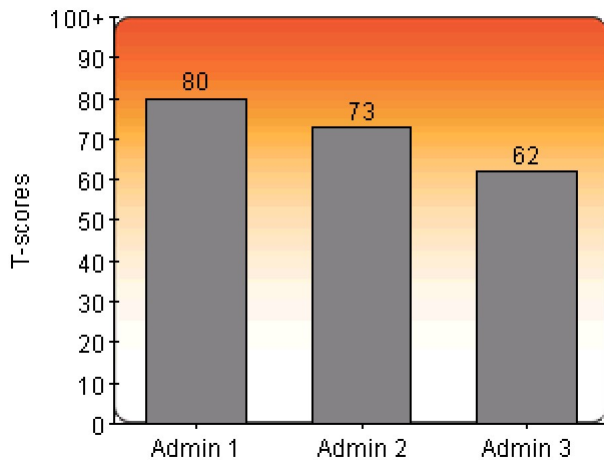
Overall (Admin 1 to Admin 3): Significant Decrease
 Admin 1 to Admin 2: No Significant Change
 Admin 2 to Admin 3: No Significant Change

Fatigue-Inertia



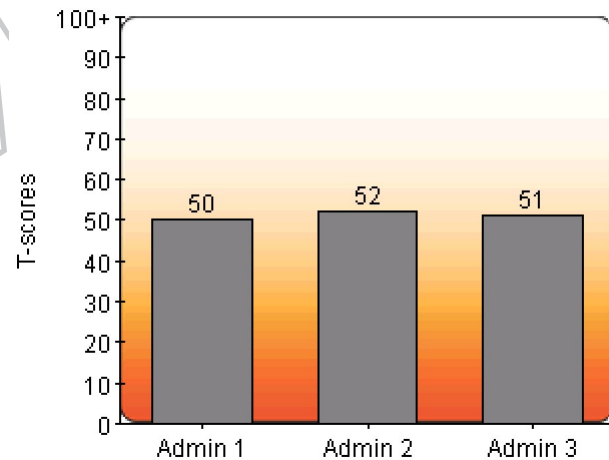
Overall (Admin 1 to Admin 3): Significant Decrease
 Admin 1 to Admin 2: No Significant Change
 Admin 2 to Admin 3: Significant Decrease

Tension-Anxiety



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

Vigor-Activity



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

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	74	67	59	Significant Decrease	Significant Decrease	Significant Decrease
	90% CI	70–78	63–71	55–63			
	Percentile	97	93	84			
	Raw Score	88	66	40			
Negative Mood States							
Anger-Hostility	T-score	72	66	58	Significant Decrease	No Significant Change	Significant Decrease
	90% CI	67–77	61–71	53–63			
	Percentile	96	92	80			
	Raw Score	26	21	15			
Confusion-Bewilderment	T-score	69	63	57	Significant Decrease	No Significant Change	No Significant Change
	90% CI	62–76	56–70	50–64			
	Percentile	93	89	78			
	Raw Score	21	17	13			
Depression-Dejection	T-score	77	72	64	Significant Decrease	No Significant Change	No Significant Change
	90% CI	71–83	66–78	58–70			
	Percentile	98	95	89			
	Raw Score	19	16	12			
Fatigue-Inertia	T-score	68	63	55	Significant Decrease	No Significant Change	Significant Decrease
	90% CI	63–73	58–68	50–60			
	Percentile	94	88	74			
	Raw Score	18	15	10			
Tension-Anxiety	T-score	80	73	62	Significant Decrease	No Significant Change	Significant Decrease
	90% CI	75–85	68–78	57–67			
	Percentile	99	97	86			
	Raw Score	29	24	16			
Positive Mood State							
Vigor-Activity	T-score	50	52	51	No Significant Change	No Significant Change	No Significant Change
	90% CI	43–57	45–59	44–58			
	Percentile	51	59	55			
	Raw Score	25	27	26			

Note(s):

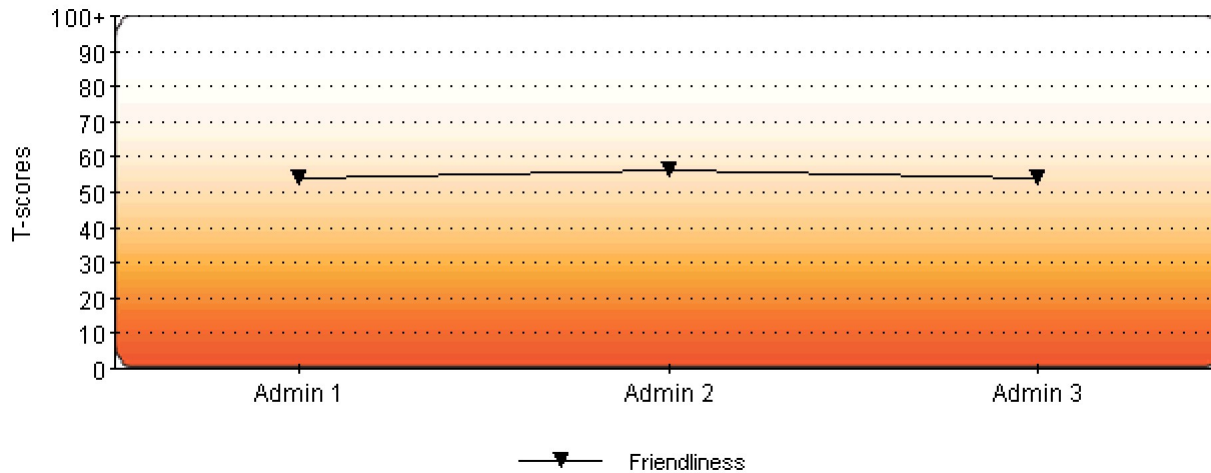
CI = Confidence Interval.

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 Derrick Smith's Friendliness T-scores.



The following table summarizes Derrick Smith'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	54	56	54	No Significant Change	No Significant Change	No Significant Change
90% CI	47–61	49–63	47–61			
Percentile	61	70	61			
Raw Score	15	16	15			

Note(s):

CI = Confidence Interval.

Summary of Results

The following section summarizes Derrick Smith'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 = $40 \geq$ T-score ≤ 59 ; Low score = T-score ≤ 39 .

Total Mood Disturbance

The **Total Mood Disturbance** score indicates the extent to which Derrick Smith experienced overall negative affect, such as anger, depression, and anxiety. Elevated scores were obtained for Admin 1 (T = 74; 90% CI = 70–78), and Admin 2 (T = 67; 90% CI = 63–71). Average scores were obtained for Admin 3 (T = 59; 90% CI = 55–63). Scores on this scale significantly decreased across: Admin 1 to Admin 3, Admin 1 to Admin 2, Admin 2 to Admin 3.

Negative Mood States

The **Anger-Hostility** scale score reflects the extent to which Derrick Smith experienced anger or antipathy toward others. Elevated scores were obtained for Admin 1 (T = 72; 90% CI = 67–77), and Admin 2 (T = 66; 90% CI = 61–71). Average scores were obtained for Admin 3 (T = 58; 90% CI = 53–63). Scores on this scale significantly decreased across: Admin 1 to Admin 3, Admin 2 to Admin 3.

The **Confusion-Bewilderment** scale score indicates the extent to which Derrick Smith felt confused, disorganized, or perplexed. Elevated scores were obtained for Admin 1 (T = 69; 90% CI = 62–76), and Admin 2 (T = 63; 90% CI = 56–70). Average scores were obtained for Admin 3 (T = 57; 90% CI = 50–64). Scores on this scale significantly decreased across: Admin 1 to Admin 3.

The **Depression-Dejection** scale score indicates the extent to which Derrick Smith experienced depression, accompanied by a sense of personal inadequacy. Elevated scores were obtained for Admin 1 (T = 77; 90% CI = 71–83), Admin 2 (T = 72; 90% CI = 66–78), and Admin 3 (T = 64; 90% CI = 58–70). Scores on this scale significantly decreased across: Admin 1 to Admin 3.

The **Fatigue-Inertia** scale score reflects the extent to which Derrick Smith felt weary and/or listless. Elevated scores were obtained for Admin 1 (T = 68; 90% CI = 63–73), and Admin 2 (T = 63; 90% CI = 58–68). Average scores were obtained for Admin 3 (T = 55; 90% CI = 50–60). Scores on this scale significantly decreased across: Admin 1 to Admin 3, Admin 2 to Admin 3.

The **Tension-Anxiety** scale score signifies the extent to which Derrick Smith 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 = 80; 90% CI = 75–85), Admin 2 (T = 73; 90% CI = 68–78), and Admin 3 (T = 62; 90% CI = 57–67). Scores on this scale significantly decreased across: Admin 1 to Admin 3, Admin 2 to Admin 3.

Positive Mood State(s)

The **Vigor-Activity** scale score indicates the extent to which Derrick Smith felt vigorous and/or energetic; the higher are his positive feelings and/or energy, the greater is his score (i.e., a low score indicates relatively fewer positive feelings and/or low energy). Average scores were obtained for Admin 1 (T = 50; 90% CI = 43–57), Admin 2 (T = 52; 90% CI = 45–59), and Admin 3 (T = 51; 90% CI = 44–58). Scores were not significantly different across administrations.

The **Friendliness** scale score measures the extent to which Derrick Smith experienced positive feelings toward others; the more positively he feels toward others, the higher is his score (i.e., a low score indicates relatively fewer positive interpersonal feelings). Average scores were obtained for Admin 1 (T = 54; 90% CI = 47–61), Admin 2 (T = 56; 90% CI = 49–63), and Admin 3 (T = 54; 90% CI = 47–61). Scores were not significantly different across administrations.

Item Responses

Derrick Smith provided the following item responses.

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

Response Key:

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