

Purpose Consisting of 65 items, the POMS was designed to evaluate individuals within seven different mood domains: fatigue-inertia, anger-hostility, vigor-activity, confusion-bewilderment, depression-dejection, tension-anxiety, and friendliness. The scale has been recommended for evaluating affective changes over the course of brief treatment or assessment period. Sleep specialists are likely to find the fatigue-inertia scale particularly relevant.

Population for Testing Developers recommend the scale for individuals ages 18 and older.

Administration The self-report, pencil-and-paper measure requires between 5 and 10 min for completion. In order to purchase the scale, users must have completed graduate-level courses in psychometric measurement, or must be able to prove they possess equivalent levels of training or experience. A wide range of modified and alternative versions have been created, including an adolescent form [1] and a brief form that consists of only 30 items [2].

Reliability and Validity Numerous studies examining the scale's validity have been conducted in a variety of patient populations. Research examining the factor structure of the scale demonstrated considerable support for most of the POMS' seven factors – the fatigue-inertia subscale was found to have particular integrity [3]. Additionally, McNair

and colleagues [2] reported an internal consistency ranging from .84 to .95.

Obtaining a Copy The questionnaire is under copyright and can be ordered online or by telephone from Multi-Health Systems Inc. Telephone: 1 800 268-6011

Scoring The POMS-F requires respondents to indicate how well each item describes their mood over the past week using a five-point scale ranging from “not at all” to “extremely.” The instrument is available in a quick-scoring format, where respondent's answers automatically transfer through onto the scoring template. Normative data and T-score conversions are available for each subscale in an accompanying manual.

Note: Many experts feel this scale has been superseded by subsequent scales.

References

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Representative Studies Using Scale

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