

Outcome Measure	Profile of Mood States – 2nd Edition (POMS2)
Sensitivity to Change	Unknown
Population	Adult
Domain	Psychological Status
Type of Measure	Self-report scale
ICF-Code/s	d1
Description	<p>The POMS2 (Heuchert & McNair, 2012) instruments assess the mood states of individuals 13 years of age and older. There is the full Adult version (POMS 2-A) and a youth version for those aged 13-17 years (POMS 2-Y). The instruments are a collection of self-rating tools that allow for the quick assessment of transient, fluctuating feelings, and enduring affect states. The tool is applicable in clinical, medical, research, and athletic settings, where its sensitivity to change makes the assessment ideal for treatment monitoring and evaluation, as well as clinical trials.</p> <p>The two full-length versions of the POMS 2, the POMS 2-A (65 items) and the POMS 2-Y (60 items), have six scales of measure: Anger-Hostility, Confusion-Bewilderment, Depression-Dejection, Fatigue-Inertia, Tension-Anxiety, and Vigor-Activity. Scores on these items are added together to determine a Total Mood Disturbance score. Additionally, there is a measure of Friendliness which is scored separately.</p> <p>The POMS2 is an adjective checklist with instructions to respond “How have you been feeling over the PAST WEEK, INCLUDING TODAY” on a 5-point Likert response scale ranging from 0 = <i>Not at all</i> to 4 = <i>Extremely</i>. If one changes the instructions to “how you feel RIGHT NOW” then the instrument measures emotional states. This it is adaptable to both state and trait forms of affect.</p> <p>The two short-versions of the POMS 2, the POMS 2-A Short and the POMS 2-Y Short, contain a subset of 35 items from the full-length versions.</p> <p>The tool is available in an online, as well as a pen-and-paper format.</p>
Properties	<p>The POMS2 is reportedly has established in clinical and research utility. It is based upon strong and well documented psychometric qualities.</p> <p>Full details of the tool’s psychometric properties are contained in the tool’s manual.</p> <p><u>Internal consistency</u>: For the POMS 2-A Cronbach’s alphas range from .76 to .95 for the normative sample, and from .83 to .97 for the clinical sample.</p> <p><u>Test-retest reliability</u>: Coefficients for the POMS 2-A over a 1 week period range from .48 to .72, and over a 1 month period range from .34 to .70.</p>

	<p><u>Convergent validity</u>: Correlations between the POMS 2-A and the PANAS-X range from .57 to .84 (median = .73). Tension-Anxiety correlated with Fear (.57), Anger-Hostility correlated with Hostility (.84), Depression-Dejection correlated with Sadness (.70), Fatigue-Inertia correlated with Fatigue (.73), and Vigour-Activity correlated with Positive Affect (.79).</p> <p><u>Construct validity</u>: The factor structure of the original sample was confirmed by Boyle (1987) in an Australian student sample. Heuchert & McNair (2012) more recently confirmed the factor structure of the POMS 2-A in a sample of 1,000 normal and 215 clinical patients.</p>
Advantages	<ul style="list-style-type: none"> • There is a large US normative sample of 1,000 people. Updated adult norms include groups for ages 18-29, 30-49, and 50 plus. Norms for the 60 plus group can be requested. • A short version of the tool is available.
Disadvantages	<ul style="list-style-type: none"> • This tool must be purchased \$525 for the online kit.
Additional Information	
Reviewers	Jennie Ponsford

References

- Boyle, G. J. (1987). A cross-validation of the factor structure of the Profile of Mood States: Were the factors correctly identified in the first instance? *Psychological Reports*, 60, 343-354.
- Heuchert, J. P., & McNair, D. M. (2012). Profile of Mood States, 2nd Edition: POMS 2. North Tonawanda, NY: Multi-Health Systems Inc.