Profile of Mood States Scale


Contact Information - Please see Multi Health Systems (MHS) Website

Price & Availability – All POMS forms are available in MHS QuikScore™ format and are available for a fee via Multi Health Systems Inc. Click here to view instrument.

Brief Description of Instrument – Assessment of mood states.

Administration time – 5 to 10 minutes.

Scale Format – 5-point Likert, response options: not at all; a little; moderately; quite a lot; extremely.

Administration Technique – Self-administered questionnaire.

Scoring and Interpretation – Six mood states: tension, depression, anger, vigour, fatigue and confusion. Subjects are given a score for each trait.

Factors and Norms – Factorial validity of the 6 mood factors reported. Please see user's manual for more information.

Test-retest Reliability - Test-retest reliability reported as "reasonable" please see manual for more information.
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**Internal Consistency** - Chronbach’s alpha .63-.92 for subscales, .75-.92 for total score. Correlations between subscale and total scores in the POMS equal to or exceeding .84. Please see manual for more information.

**Responsive to Change Over Time** – Investigated by numerous studies, please see user’s manual for more details.

**Strengths** – Extensive testing, used widely in multiple areas.

**Notes for Consideration** – Various translations are available.
