**Profile of Mood States Scale**


**Contact Information** - Please see [Multi Health Systems (MHS) Website](http://www.mhsinc.com).

**Price & Availability** – All POMS forms are available in MHS QuikScore™ format and are available for a fee via [Multi Health Systems Inc.](http://www.mhsinc.com). Click [here](http://www.mhsinc.com) 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.
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 multiple areas.

Notes for Consideration – Various translations are available.
