Profile of Mood States (POMS)

by James Lani

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The Profile of Mood States (POMS) original scale contains 65 self-report items using the 5-point Likert Scale. Participants can choose from 0 (not at all) to 4 (extremely). The test takes approximately 3 to 7 minutes for healthy participants, and longer for the physically ill.

Authors

Douglas M. McNair, Maurice Lorr, and Leo F. Droppleman, 1971 © 1971, 1981, 1992, 2003 by Multi-Health Systems Inc.

Reliability and Validity

Internal consistency for the Profile of Mood States was reported at 0.63 to 0.96 Cronbach alpha rating. For the brief version, POMS-SF, the internal consistency rating was 0.76 to 0.95. The correlation between the sub-scales and the total score in POMS and POMS-SF was calculated as 0.84. In addition, the POMS was correlated with the Functional Assessment of Cancer Therapy scale and the Psychological Well-Being scale, with calculated -0.68 ratings.

More Information and Where To Purchase

Profile of Moods States (POMS)

Administration, Analysis and Reporting

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.

For additional information on these services, click here.

Dissertations Using the Profile of Mood States

Below is a list of dissertations using the POMS. The full version of these dissertations can be found using ProQuest.

Smith, K. D. (2004). *The effects of nursing back rub on pain and wound cytokines, and, the relationship between pre-CABG mood and post-CABG wound cytokines.* The University of Tennessee).

Hawkeswood, J. M. (2001). *The effects of a nicotine nasal spray on baroreflex sensitivity and mood states over three days of smoking cessation.* Queens University at Kingston (Canada)).

Shaw, E. R. (1993). *Effect of therapeutic relaxation on anxiety and mood states in primiparous women.* University of South Carolina).

Salyer, L. M. (1992). *Nursing students perceptions of their learning environment, mood states and self-efficacy beliefs: Implications for professional practice.* University of Kentucky).

Sleep disturbance, addiction severity, mood states and stages of change in opiate-addicted adults in a therapeutic community residential treatment program. (2002). University of California, San Francisco).

References

Curran, S. L., Andrykowski, M. A., & Studts, J. L. Short form of the Profile of Mood States (POMS-SF): Psychometric information. *Psychological Assessment, 7(1),* 80 – 83.

McNair, D. M., Heuchert, J. W. P., & Shillony, E. (in press). *Research with the Profile of Mood States (POMS) 1964-2002: A comprehensive bibliography.* Toronto, Canada: Multi-Health Systems.

McNair, D. M., Lorr, M., & Droppleman, L. F. (1971). *Manual for the Profile of Mood States.* San Diego, CA: Educational and Industrial Testing Services.

Rusting, C. L., & Nolen-Hoeksema, S. (1998). Regulating responses to anger: Effects of rumination and distraction on angry mood. *Journal of Personality and Social Psychology, 74,* 790-803.

Thayer, R. E. (1996). *The origin of everyday moods: Managing energy tension, and stress.* Oxford: Oxford University Press. [View](#)

Journals

Watson, D. , Pennebaker, J. W. (1989). Health complaints, stress, and distress: Exploring the central role of negative affectivity. *Psychological Review, 96(2),* 234-254.