



## Profile of Mood States 2nd Edition–Youth

*Juvia P. Heuchert, Ph.D. & Douglas M. McNair, Ph.D.*

### Assessment Report

<b>Name/ID:</b>	<b>Derrick Smith</b>
Age:	14 years
Gender:	Male
Grade:	9
Birth Date:	February 22, 1998
Administration Date:	March 26, 2012
Administration Time:	11:30 AM
Assessor's Name:	
Data Entered By:	
Norm Option:	Combined Age & Gender norms
Timeframe:	PAST WEEK, INCLUDING TODAY

SAMPLE

This Assessment Report is intended for use by qualified assessors only, and is not to be shown or presented to the respondent or any other unqualified individuals.



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P.O. Box 950, North Tonawanda, NY 14120-0950  
3770 Victoria Park Ave., Toronto, ON M2H 3M6

## Introduction

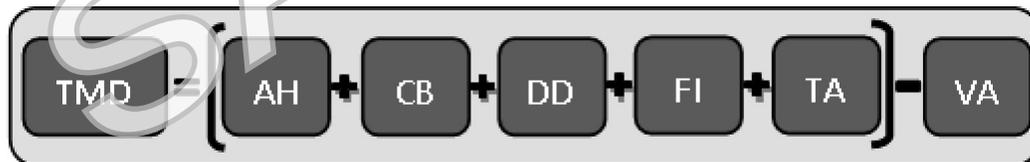
The Profile of Mood States 2nd Edition–Youth (POMS 2–Y) is a self-report assessment of mood that is adaptable to capturing transient and fluctuating feelings, or relatively enduring affect states in youths aged 13–17 years. Results from the POMS 2–Y contribute to a comprehensive assessment by providing indications of potential mood disturbance. This measure is flexibly employed at different stages of clinical or applied intervention: Baseline Total Mood Disturbance and the six other mood state scores reflect an individual's current mood and may be used to inform treatment plans; additionally, periodic reassessment with the POMS 2–Y is a means of monitoring interventions aimed at reducing negative affect or ameliorating mood disturbance. This report provides descriptive information about scale scores and context for determining how an individual compares to a norm group, showing which scores may be indicative of problematic mood states. Additional interpretive information is found in the *Profile of Mood States 2nd Edition Manual* (published by MHS).

This report is an interpretive aid and should not be provided to the client/patient/respondent, or used as the sole basis for clinical diagnosis or intervention. Administrators are cautioned against drawing unsupported interpretations. To obtain a comprehensive view of the individual, information from this report should be combined with information gathered from other psychometric measures, interviews, observations, and available records. This report is based on an algorithm that produces the most common interpretations of the obtained scores. Administrators should review responses to specific items to ensure that these interpretations apply.

## Interpreting T-scores

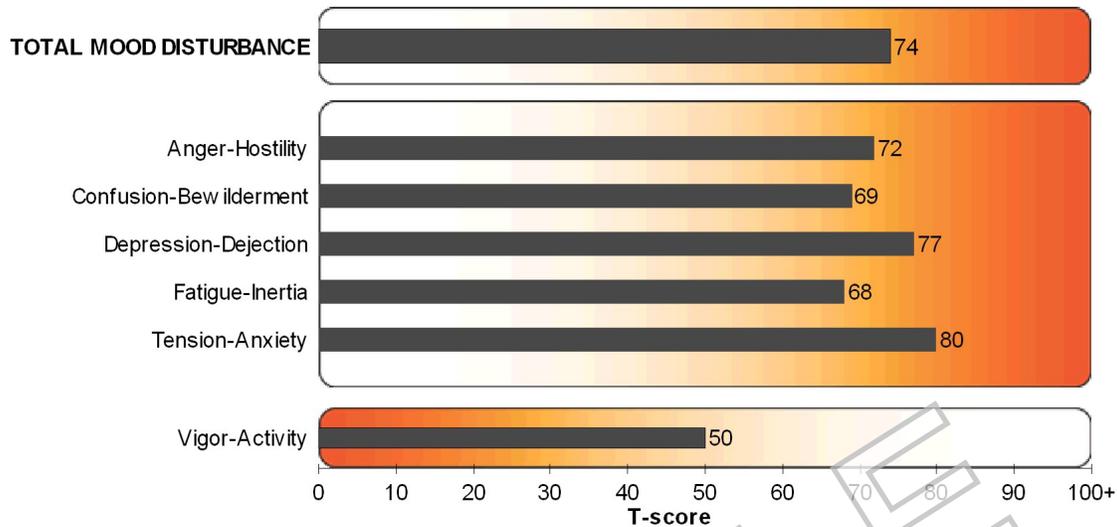
The information in this section applies to interpreting all T-scores presented in this report. Responses on the POMS 2–Y are combined to produce a Total Mood Disturbance (TMD) score and scores on six mood clusters: Anger-Hostility (AH), Confusion-Bewilderment (CB), Depression-Dejection (DD), Fatigue-Inertia (FI), Tension-Anxiety (TA), and Vigor-Activity (VA). A scale score is also calculated for Friendliness (F). TMD is determined by summing the Negative Mood State scales and subtracting VA (a Positive Mood State scale). Friendliness is considered separately, as a mood state that may influence the severity of mood disturbance through interpersonal functioning.

- TMD & Negative Mood States – Higher scores (i.e., Elevated, Very Elevated) could indicate a problem
- Positive Mood States – Lower scores (i.e., Low, Very Low) could indicate a problem



## T-scores

The following graph displays Derrick Smith's T-scores.



## Detailed Scores

The following table summarizes results from Derrick Smith's self-report, and provides general information about how he compares to the normative group.

### Interpreting T-scores:

- TMD & Negative Mood States – Higher scores (i.e., Elevated, Very Elevated) could indicate a problem
- Positive Mood States – Lower scores (i.e., Low, Very Low) could indicate a problem

Scale	Raw Score	T-score	90% CI	Percentile	Classification	Interpretive Guideline
TOTAL MOOD DISTURBANCE	88	74	70-78	97	Very Elevated (Many more concerns than are typical)	Derrick Smith's Total Mood Disturbance score is elevated, which indicates that he is experiencing problems with his current emotional functioning. An examination of all scale scores will identify those mood states that are most problematic for him.
<b>Negative Mood States</b>						
Anger-Hostility	20	72	67-77	96	Very Elevated (Many more concerns than are typical)	May be easily annoyed or grouchy, may feel antipathy toward others, or may display overt anger.
Confusion-Bewilderment	21	69	62-76	93	Elevated (More concerns than are typical)	May be experiencing confusion and/or disorganized thinking.
Depression-Dejection	19	77	71-83	98	Very Elevated (Many more concerns than are typical)	May be feeling worthless, unable to cope, emotionally isolated, sad, and/or guilty.
Fatigue-Inertia	18	68	63-73	94	Elevated (More concerns than are typical)	May be feeling weary and/or listless; may have low energy levels.
Tension-Anxiety	29	80	75-85	99	Very Elevated (Many more concerns than are typical)	May be experiencing bodily tension (e.g., feeling on edge), or experiencing anxious movement (e.g., shakiness).
<b>Positive Mood State</b>						
Vigor-Activity	25	50	43-57	51	Average (Typical levels of concern)	Experiences of vigor and/or activity level are typical; about the same as those experienced by the average person.

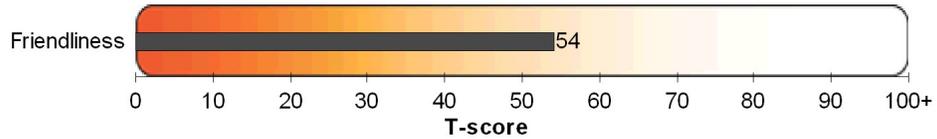
Note(s): CI = Confidence Interval.

## Friendliness

In the POMS 2 model, Friendliness is different from the other mood states because it is distinctly interpersonal. How an individual feels toward others may contribute to, or be impacted by, his affective state. Since Friendliness represents positive interpersonal feelings, this scale may be used as a barometer of the interpersonal domain in providing an indication of one's adaptability and quality of life.

## Results

The following graph displays Derrick Smith's Friendliness T-score.



The following table summarizes Derrick Smith's self-report on the Friendliness scale, and provides general information about how he compares to the normative group.

### Interpreting T-scores:

- TMD & Negative Mood States – Higher scores (i.e., Elevated, Very Elevated) could indicate a problem
- Positive Mood States – Lower scores (i.e., Low, Very Low) could indicate a problem

Scale	Raw Score	T-score	90% CI	Percentile	Classification
<b>Positive Mood State</b>					
Friendliness	15	54	47–61	61	Average (Typical levels of positive feelings toward others)

### Note(s):

CI = Confidence Interval.

## Interpretive Guideline

### Friendliness (F): Average

In the interpersonal domain, Derrick Smith is experiencing positive feelings toward others (as indicated by his Average Friendliness score). Derrick Smith, however, is experiencing some level of difficulty (as indicated by his scores on Total Mood Disturbance, Anger-Hostility, Confusion-Bewilderment, Depression-Dejection, Fatigue-Inertia, and Tension-Anxiety). If he is experiencing positive feelings toward others, this strength may support intervention. Social support is a strong predictor of positive outcomes when one is coping with various difficulties in life.

## Summary of Results

The following section summarizes Derrick Smith's results on the POMS 2-Y. The scores reported here include the obtained T-score, 90% Confidence Interval (CI), and Percentile Rank.

### **Total Mood Disturbance**

The **Total Mood Disturbance** score indicates the extent to which Derrick Smith experienced overall negative affect, such as anger, depression, and anxiety. Ratings on this scale yielded a T-score of 74 (90% CI = 70–78), which is ranked at the 97th percentile, and falls within the Very Elevated score range. Further analysis of individual scale scores will identify areas that contribute to the TMD score.

### **Negative Mood States**

The **Anger-Hostility** scale score reflects the extent to which Derrick Smith experienced anger or antipathy toward others. Ratings on this scale yielded a T-score of 72 (90% CI = 67–77), which is ranked at the 96th percentile, and falls within the Very Elevated score range.

The **Confusion-Bewilderment** scale score indicates the extent to which Derrick Smith felt confused, disorganized, or perplexed. Ratings on this scale yielded a T-score of 69 (90% CI = 62–76), which is ranked at the 93rd percentile, and falls within the Elevated score range.

The **Depression-Dejection** scale score indicates the extent to which Derrick Smith experienced depression, accompanied by a sense of personal inadequacy. Ratings on this scale yielded a T-score of 77 (90% CI = 71–83), which is ranked at the 98th percentile, and falls within the Very Elevated score range.

The **Fatigue-Inertia** scale score reflects the extent to which Derrick Smith felt weary and/or listless. Ratings on this scale yielded a T-score of 68 (90% CI = 63–73), which is ranked at the 94th percentile, and falls within the Elevated score range.

The **Tension-Anxiety** scale score signifies the extent to which Derrick Smith experienced heightened anxiety and musculoskeletal tension, in the form of unobservable somatic tension (e.g., tense, on edge), and/or observable psychomotor manifestations (e.g., shaky, restless). Ratings on this scale yielded a T-score of 80 (90% CI = 75–85), which is ranked at the 99th percentile, and falls within the Very Elevated score range.

### **Positive Mood State(s)**

The **Vigor-Activity** scale score indicates the extent to which Derrick Smith felt vigorous and/or energetic; the higher are his positive feelings and/or energy, the greater is his score (i.e., a low score indicates relatively fewer positive feelings and/or low energy). Ratings on this scale yielded a T-score of 50 (90% CI = 43–57), which is ranked at the 51st percentile, and falls within the Average score range.

The **Friendliness** scale measures the extent to which Derrick Smith experienced positive feelings toward others; the more positively he feels toward others, the higher is his score (i.e., a low score indicates relatively fewer positive interpersonal feelings). Ratings on this scale yielded a T-score of 54 (90% CI = 47–61), which is ranked at the 61st percentile, and falls within the Average score range.

## Item Responses

Derrick Smith provided the following item responses.

Item	Response	Item	Response	Item	Response
1.	4	22.	2	43.	2
2.	3	23.	3	44.	3
3.	3	24.	2	45.	1
4.	2	25.	4	46.	2
5.	3	26.	3	47.	3
6.	2	27.	2	48.	2
7.	3	28.	1	49.	2
8.	4	29.	2	50.	2
9.	2	30.	3	51.	3
10.	4	31.	3	52.	3
11.	1	32.	2	53.	1
12.	2	33.	3	54.	2
13.	3	34.	1	55.	3
14.	3	35.	3	56.	3
15.	3	36.	2	57.	4
16.	3	37.	1	58.	3
17.	3	38.	2	59.	2
18.	3	39.	3	60.	3
19.	2	40.	4		
20.	3	41.	2		
21.	4	42.	3		

### Response Key:

0 = Not at all

1 = A little

2 = Moderately

3 = Quite a bit

4 = Extremely

? = Omitted item

**For Administrator:** This section of the report may be given to parents (caregivers) or to a third party upon parental consent.

## Profile of Mood States 2nd Edition–Youth Feedback Handout

**Name/ID:** Derrick Smith  
**Age:** 14 years  
**Administration Date:** March 26, 2012  
**Assessor's Name:**

***This feedback handout explains scores from ratings of mood states on the Profile of Mood States 2nd Edition–Youth (POMS 2–Y).***

### What is the POMS 2–Y?

The POMS 2–Y is a test that is used to collect information about how the youth is feeling. It mostly measures the feelings that make the youth unhappy or uncomfortable. The POMS 2–Y is based on a test that was developed by Drs. Heuchert and McNair, experts in testing people's moods. Research has shown that the POMS 2–Y is reliable and valid.

### Why complete the POMS 2–Y?

The POMS 2–Y is usually used to better understand the youth's mood and feelings. It is important to identify if the youth has problems with these feelings so that a plan can be made to help with that. This information can also be used to see if treatment is helping. It is sometimes used as a routine checkup, even if there is no reason to think that the youth is having a problem with particular feelings. If you are not sure why the youth was asked to take the POMS 2–Y, please ask the person listed at the top of this form.

### How does the POMS 2–Y work?

The youth read 60 words that describe feelings. The youth then marked how often those feelings were experienced during a particular timeframe. The youth's choices were then grouped together. Each of these groups described feelings such as sadness, anger, or feeling tense. The youth's choices were compared to those made by other people in his or her age group. The results show if the youth is having more problems with particular feelings than his or her peers. All of this information can be used to see if the youth can be helped to deal with these feelings.

### Results from the POMS 2–Y

The following section lists the areas of mood covered by the POMS 2–Y. It also shows whether the youth reported average levels of the mood state, or if the youth's ratings were higher than usual. The information on Vigor and Friendliness shows whether Derrick Smith's ratings are lower than those of other people. If he got scores that are different from what other people usually get, a description is given to help him understand the difficulties he may be having. Derrick Smith may not have *all* of the problems in an area; he may have only *some* of the problems. Also, please remember that high scores do not necessarily mean that he has a serious problem or requires treatment. POMS 2–Y scores must be considered with other information (for example, interviews or other test results), by a qualified clinician, before the decision is made that a problem exists.

**General Mood:** Derrick Smith may experience more negative feelings, such as anger, depression and anxiety, than other people.

**Anger:** Derrick Smith may be feeling more angry or hostile than others.

**Confusion:** Derrick Smith may experience moments of confusion or unclear thinking.

**Depression:** Derrick Smith may be feeling more depressed or inadequate than others. These feelings can leave him feeling worthless, unable to cope, lonely, sad, or guilty.

**Fatigue:** Derrick Smith may be feeling more tired or drained than others.

**Tension:** Derrick Smith may be feeling more tense, or on edge, or he may be feeling more anxious, shaky, or restless than others.

**Vigor:** Derrick Smith's positive feelings and energy level scores were average.

**Friendliness:** Derrick Smith generally has positive feelings toward others.