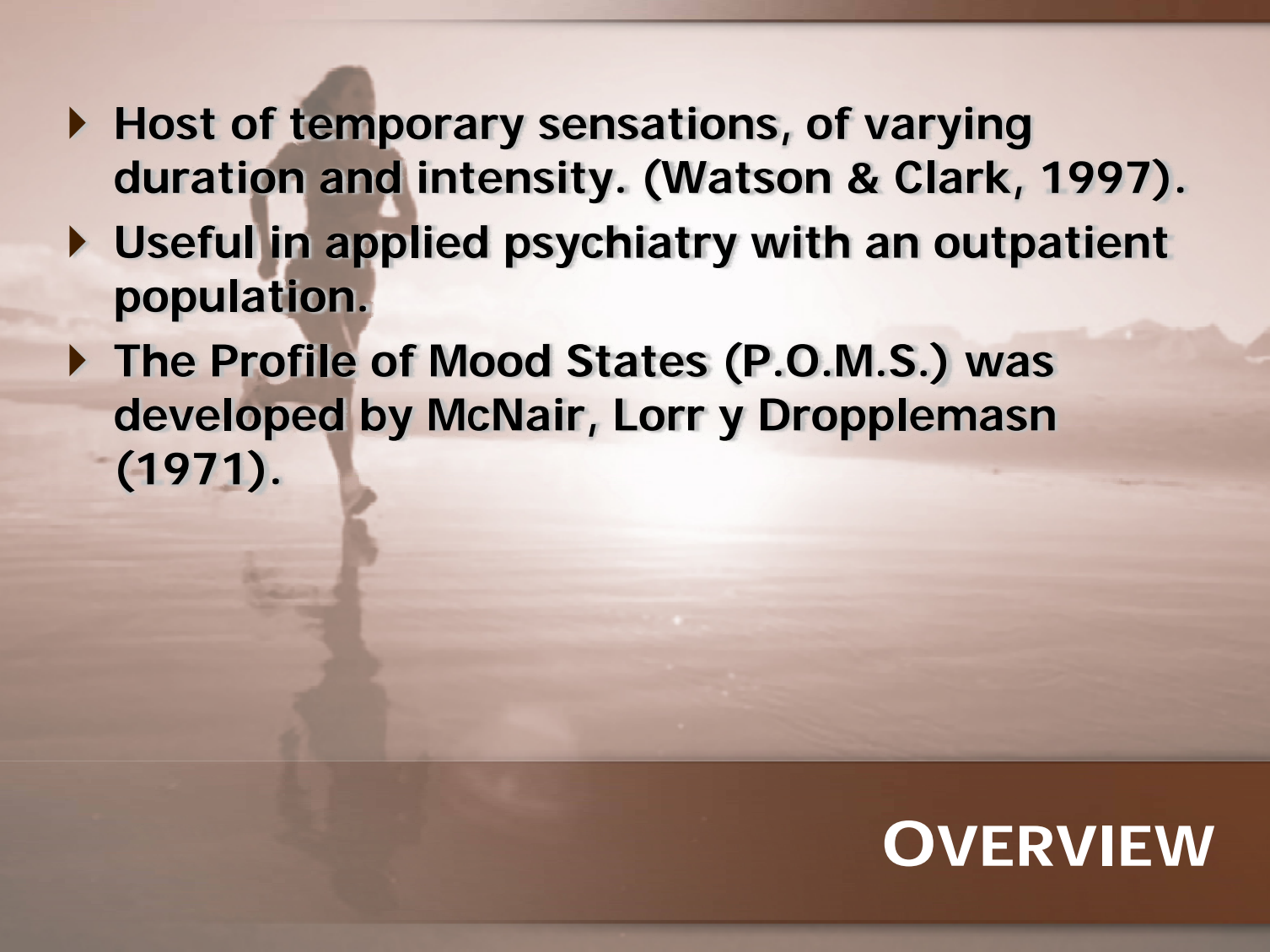


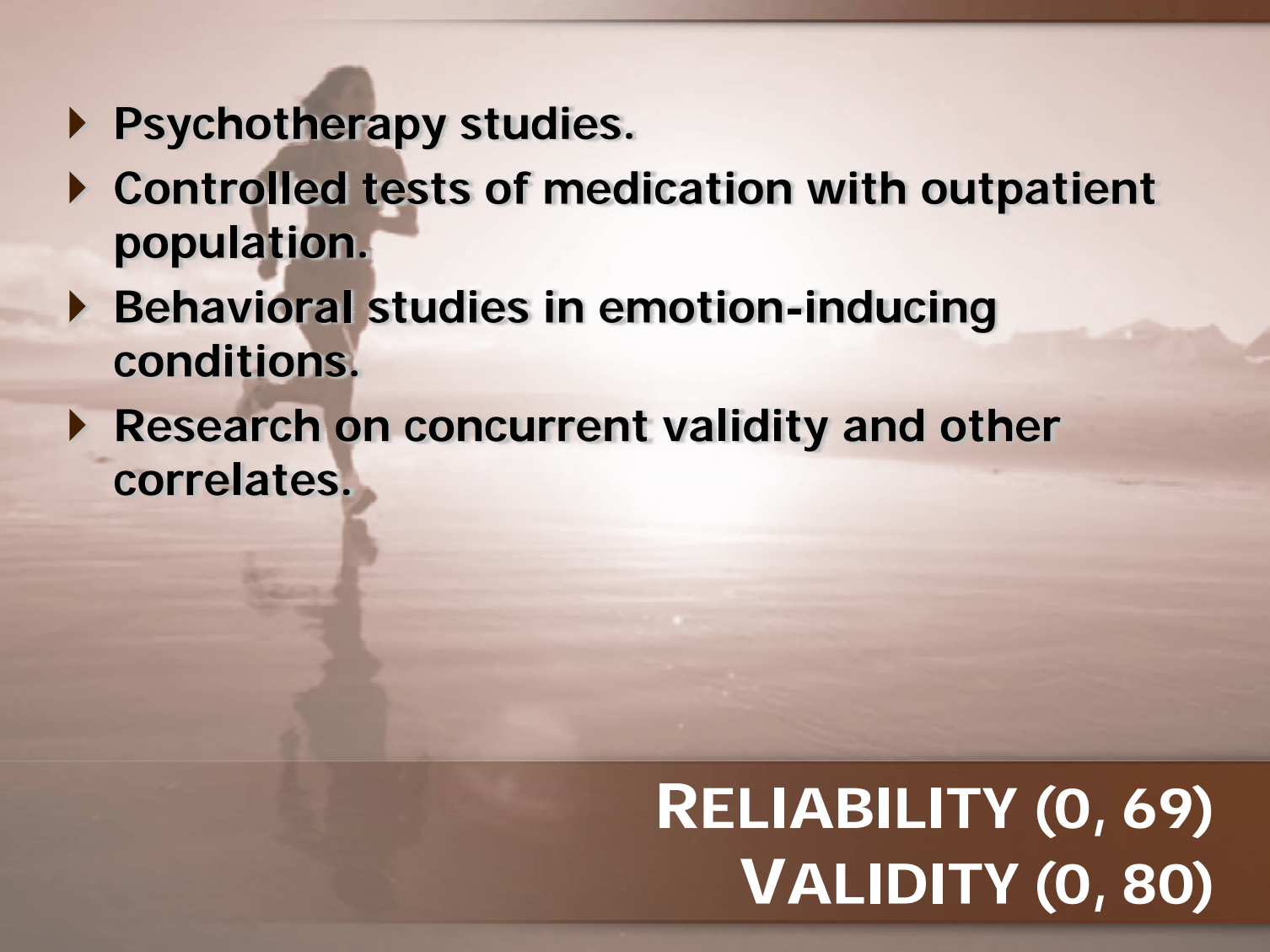


UNIT 12

MOOD STATES

- 
- ▶ Host of temporary sensations, of varying duration and intensity. (Watson & Clark, 1997).
 - ▶ Useful in applied psychiatry with an outpatient population.
 - ▶ The Profile of Mood States (P.O.M.S.) was developed by McNair, Lorr y Dropplemasn (1971).

OVERVIEW

- 
- ▶ **Psychotherapy studies.**
 - ▶ **Controlled tests of medication with outpatient population.**
 - ▶ **Behavioral studies in emotion-inducing conditions.**
 - ▶ **Research on concurrent validity and other correlates.**

RELIABILITY (0, 69)

VALIDITY (0, 80)

A person is running on a beach at sunset. The person is in the foreground, slightly to the left, and is running towards the right. The background shows the ocean and a bright sunset sky with mountains in the distance. The overall tone is warm and orange.

▶ **Tension/Anxiety**

- ▶ They describe the sensations of muscle tone and somatic tension.

▶ **Depression/Sadness**

- ▶ Associated to sensations of isolation, sadness and uselessness.

▶ **Anger/Hostility**

- ▶ They reflect feeling of anger, bad mood and irritation.

INTERPRETATION (1)

A person is running on a beach at sunset. The person is in the foreground, slightly to the left, and is running towards the right. The background shows the ocean and a sunset sky with a bright sun low on the horizon. The overall color palette is warm, with shades of orange, yellow, and brown.

▶ **Vigor/Activity**

- ▶ It describes a state of enthusiasm and energy. It is the positive dimension and has a negative correlation with the others.


▶ **Fatigue**

- ▶ It describes sensations of low energy and fatigue.

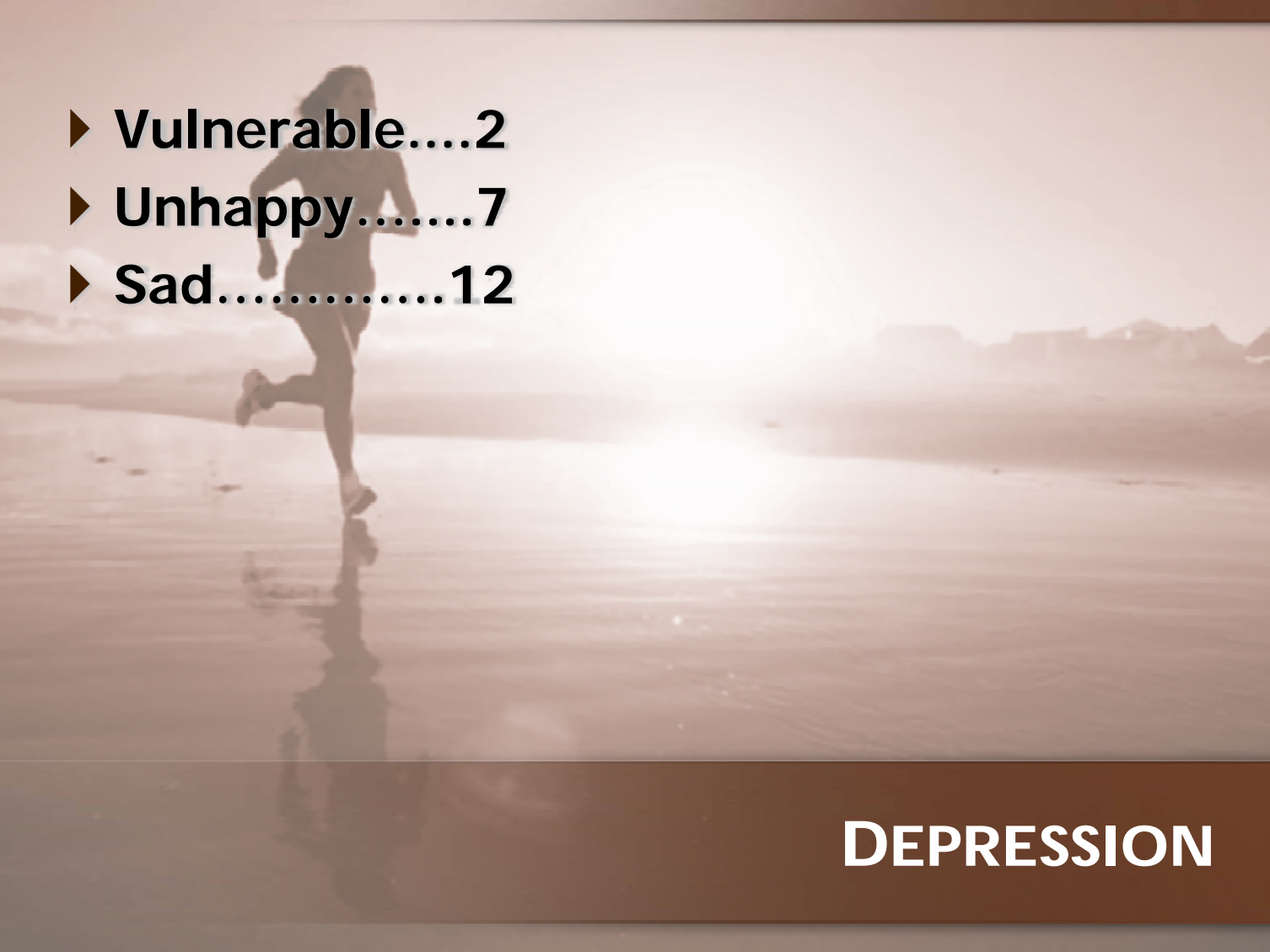
▶ **Confusion**

- ▶ It is related to situations of uncertainty, distraction and puzzlement.


INTERPRETATION (2)

- 
- A person is running on a beach towards the ocean. The sun is low on the horizon, creating a bright, hazy glow over the water and sky. The person's reflection is visible in the wet sand. The overall mood is one of movement and tranquility.
- ▶ Restless.....1
 - ▶ Agitated.....6
 - ▶ Tense.....11

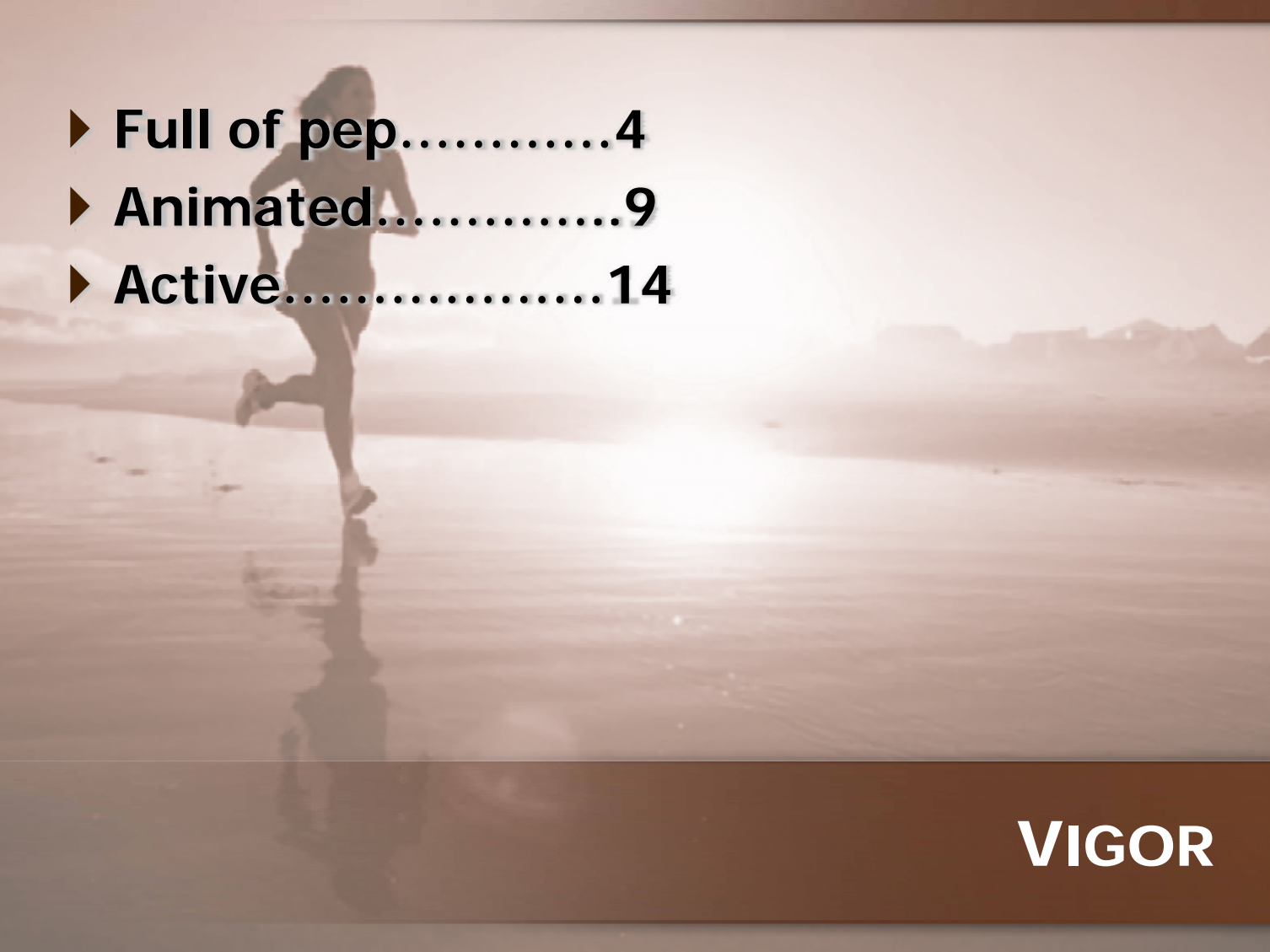
TENSION

- 
- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright, hazy glow. The person's reflection is visible in the wet sand. The overall mood is contemplative and serene.
- ▶ **Vulnerable....2**
 - ▶ **Unhappy.....7**
 - ▶ **Sad.....12**

DEPRESSION

- 
- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright, hazy glow. The person's reflection is visible in the wet sand. The overall mood is one of movement and energy.
- ▶ Irritated.....5
 - ▶ Angry.....10
 - ▶ In a bad mood.....15

HOSTILITY

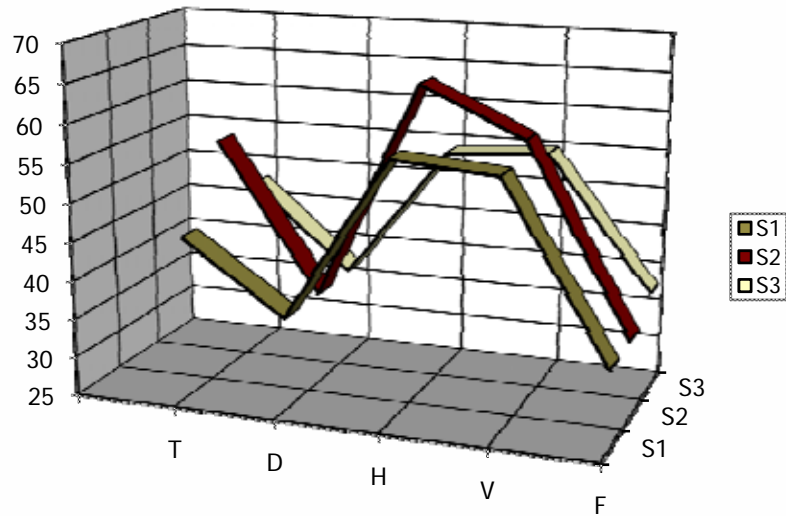
- 
- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright, hazy glow. The person's reflection is visible in the wet sand. The overall tone is warm and energetic.
- ▶ **Full of pep.....4**
 - ▶ **Animated.....9**
 - ▶ **Active.....14**

VIGOR

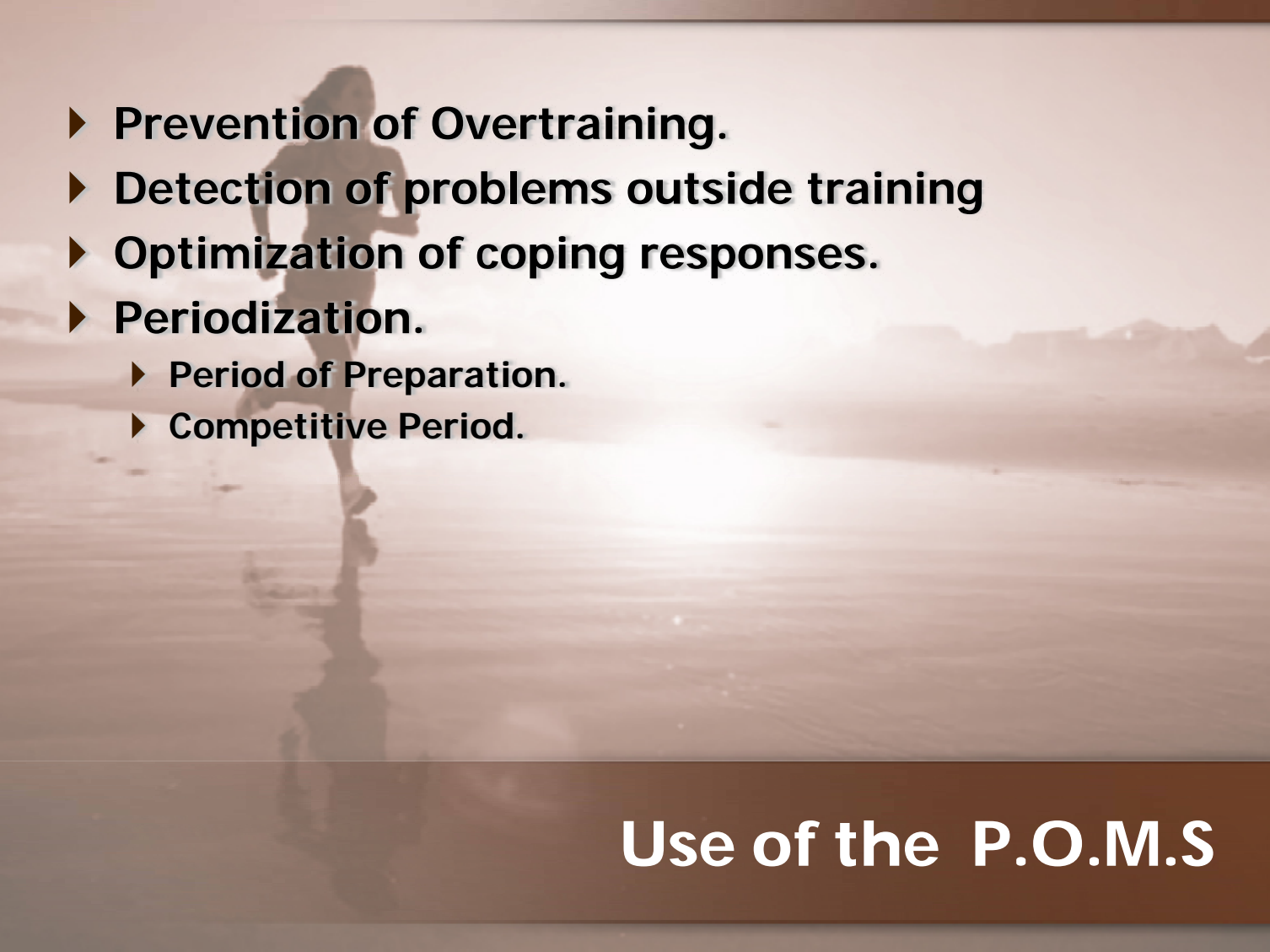
- 
- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright, hazy glow. The person's reflection is visible in the wet sand. The overall tone is warm and sepia.
- ▶ **Weak.....3**
 - ▶ **Tired.....8**
 - ▶ **Fatigued.....13**

FATIGUE

The POMS dimensions of 3 different athletes



EXAMPLE

- 
- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's shadow is visible on the sand.
- ▶ **Prevention of Overtraining.**
 - ▶ **Detection of problems outside training**
 - ▶ **Optimization of coping responses.**
 - ▶ **Periodization.**
 - ▶ **Period of Preparation.**
 - ▶ **Competitive Period.**

Use of the P.O.M.S