

# POMS (Profile of Mood States) Test

Source: "Forest Bathing" by Dr. Qing Li

The following test is meant to be taken both before and after Forest Therapy activities to measure any change in mood.

## INSTRUCTIONS:

**Step 1:** Circle the number in the table below that corresponds to each listed mood to describe your current state.

**Step 2:** Upon completion enter the number you chose for each mood in the "Scale" Column.

**Step 3:** Add up the total for each category in the "Scale" column to get your final mood score and enter it in the table at the end of this document.

	Not At All	A Little	Moderately	Quite A lot	Extremely	Scale
Tense	0	1	2	3	4	ANX
Angry	0	1	2	3	4	ANG
Worn out	0	1	2	3	4	FAT
Unhappy	0	1	2	3	4	DEP
Lively	0	1	2	3	4	VIG
Confused	0	1	2	3	4	CON
Sad	0	1	2	3	4	DEP
Active	0	1	2	3	4	VIG
On-edge	0	1	2	3	4	ANX
Grouchy	0	1	2	3	4	ANG
Energetic	0	1	2	3	4	VIG
Hopeless	0	1	2	3	4	DEP
Uneasy	0	1	2	3	4	ANX
Restless	0	1	2	3	4	ANX
Unable to concentrate	0	1	2	3	4	CON
Fatigued	0	1	2	3	4	FAT
Annoyed	0	1	2	3	4	ANG
Discouraged	0	1	2	3	4	DEP
Resentful	0	1	2	3	4	ANG
Nervous	0	1	2	3	4	ANX
Miserable	0	1	2	3	4	DEP
Bitter	0	1	2	3	4	ANG
Exhausted	0	1	2	3	4	FAT

Anxious	0	1	2	3	4	ANX
Helpless	0	1	2	3	4	DEP
Weary	0	1	2	3	4	FAT
Energized	0	1	2	3	4	VIG
Bewildered	0	1	2	3	4	CON
Furious	0	1	2	3	4	ANG
Full of pep	0	1	2	3	4	VIG
Worthless	0	1	2	3	4	DEP
Forgetful	0	1	2	3	4	CON
Vigorous	0	1	2	3	4	VIG
Uncertain about things	0	1	2	3	4	CON
Bushed	0	1	2	3	4	FAT

Add your total score for each “Scale” category listed above and enter into the table below

Scale Category	Total Points	Total Possible
ANX = Anxiety		24
DEP = Depression		28
ANG = Anger		24
VIG = Vigour		24
FAT = Fatigue		20
CON = Confusion		20