Higher Homework

Gathering Data – Mental/Emotional Factors

POMS Test

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Google POMS Test
* Complete the test answering the statements HONESTLY
* Select the “Analyse” button to obtain scores for:
* each of the mood states e.g. anger, confusion
* the total mood disturbance

**Note down your scores below and we will analyse them in class.**

Total Mood Disturbance (-32-100) = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mood Profile

Anger (0-48) = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Confusion (0-28) = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Depression (0-60) = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fatigue (0-28) = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tension (0-36) = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Vigour (0-32) = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_