

## SHORT FORM OF THE PROFILE OF MOOD STATES (POMS). PSYCHOMETRIC INFORMATION

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### Abstract

The Profile of Mood States is a commonly used measure of psychological distress. The length of this scale (65 items) may limit its use with physically ill or prevent its inclusion in multiinstrument assessment protocols. This study evaluated the psychometric properties of a shorter, 20-item version of the POMS. Data were provided by 209 respondents. For all samples, internal consistency estimates for the POMS subscales were comparable to those for the original POMS. The POMS is considered an alternative to the original POMS when a brief measure of psychological distress is desired.

Keywords: *mood state, psychological distress, psychometric properties*

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