The POMS Test

The POMS (Profile of Mood States) questionnaire is a tool widely used to measure psychological well-being. It was developed in 1971 by Douglas M. McNair, along with Maurice Lorr and Leo F. Droppleman. There are several versions of the questionnaire. The most commonly used is the POMS 2. It is available as a full-length questionnaire (65 items) and in a shorter version (34 items).

The one I use is an adaptation of a version designed by Dr J. R. Grove at the University of Western Australia.

You should complete this questionnaire twice – before and after your forest-bathing trip – and compare your scores. (NB: a lot of these emotions seem to be the same: that's deliberate! They are nuances of six particular mood scales, as you'll discover in the scoring section.)

	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
Grumpy	0	1	2	3	4		ANG
Energetic	0	1	2	3	4		VIG
Lacking in hope	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		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
Drained	0	1	2	3	4		FAT

Each of these emotions falls into a particular mood scale. Add up your total scores for each scale to get your results for before and after your forest-bathing trip.

ANX = anxiety	Mark out of 24
DEP = depression	Mark out of 28
ANG = anger	Mark out of 20
VIG = vigour	Mark out of 24
FAT = fatigue	Mark out of 20
CON = confusion	Mark out of 20