

POMS Rating Scale

How do you feel **right now?**

	Not at all	A Little	Moderately	Quite a bit	Extremely
Tense	1	2	3	4	5
Worn Out	1	2	3	4	5
Unhappy	1	2	3	4	5
Clear-headed	1	2	3	4	5
Lively	1	2	3	4	5
Listless	1	2	3	4	5
Sad	1	2	3	4	5
Active	1	2	3	4	5
Grouchy	1	2	3	4	5
Energetic	1	2	3	4	5
Hopeless	1	2	3	4	5
Relaxed	1	2	3	4	5
Uneasy	1	2	3	4	5
Restless	1	2	3	4	5
Unable to concentrate	1	2	3	4	5
Fatigued	1	2	3	4	5
Annoyed	1	2	3	4	5
Discouraged	1	2	3	4	5
Nervous	1	2	3	4	5
Miserable	1	2	3	4	5
Muddled	1	2	3	4	5
Cheerful	1	2	3	4	5
Bitter	1	2	3	4	5
Exhausted	1	2	3	4	5
Anxious	1	2	3	4	5
Gloomy	1	2	3	4	5
Sluggish	1	2	3	4	5
Helpless	1	2	3	4	5
Weary	1	2	3	4	5
Bewildered	1	2	3	4	5
Alert	1	2	3	4	5
Vigorous	1	2	3	4	5