

This Week's Citation Classic™

McNair D M, Lorr M & Droppelman L F. *Manual for the profile of mood states*. San Diego, CA: Educational and Industrial Testing Service, 1971. 27 p.
[Depts. Psych., Boston Univ., MA; Catholic Univ. America, Washington, DC; and Univ. Tennessee, Knoxville, TN]

The series of studies described in the manual hypothesized and confirmed the existence of six mood or affective state factors. They also determined their internal consistency and test-retest reliability and their sensitivity for measuring the effects of brief psychotherapeutic and psychopharmacologic interventions. Norms were also obtained for psychiatric outpatients and normal individuals. [The Science Citation Index® (SCI®) and the Social Sciences Citation Index® (SSCI®) indicate that this book has been cited in over 380 publications since 1971.]

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"At the Outpatient Psychotherapy Research Laboratory at the Veterans Administration in Washington, DC, Maury Lorr, I, and others on the staff struggled long and hard in the late 1950s and early 1960s with the problems of detecting and measuring changes in symptoms and affective mood states. We were deeply interested in both early and long-term effects of psychotherapies and in the short-term effects of new and exciting pharmacologic treatments, especially in combination.

"Our initial mood measure, the Psychiatric Outpatient Mood Scale (POMS), was developed¹ and continual-

ly revised based on factor analytic studies of data from several large treatment outcome projects. After moving to Boston University in 1964, I continued work on the POMS, primarily with Leo Droppelman, and in continued collaboration with Lorr. Recognizing its generalizability to normals, we changed the name to Profile of Mood States, preserving the old acronym. We did additional factor analytic studies that resulted in revisions, identified an additional factor dimension, gathered the normative data for outpatients and normals, and added a number of validity studies. The resulting brief, easy to administer and score POMS is a set of 65 five-point adjective rating scales with a six oblique unipolar factor structure: tension-anxiety, depression-dejection, anger-hostility, fatigue, vigor, and confusion-bewilderment.

"I think it is cited so much because it met a widespread need for a sensitive measure of change and has been applied successfully in a host of treatment studies. Also its more general applicability has been recognized. To mention one example, mood profiles of groups of athletes—such as runners—have been identified and compared.²

"In the past few years, Lorr and I have worked on a bipolar factor version of the scale (POMS-BI). We think a problem that plagued us for years has been solved: why do factors on the POMS that seem semantically bipolar, such as vigor and fatigue, emerge from factor analysis as distinct unipolar factors? A research version of the POMS-BI and a preliminary manual are now available."³

1. McNair D M & Lorr M. An analysis of mood in neurotics. *J. Abnormal Soc. Psychol.* 69:620-7, 1964. (Cited 220 times.)
2. Morgan W P. Test of champions: the iceberg profile. *Psychol. Today* 14:92-3; 97-9; 102; 108, 1980.
3. Lorr M & McNair D M. *Manual for the profile of mood states, bipolar form (POMS-BI)*. San Diego, CA: Educational and Industrial Testing Service, 1982. 7 p.