

ORACLE TABLE NAME: CESDR_POMS

There are 6 overall subscores created from the individual items. These subscores are then combined for a TOTAL MOOD

Disturbance score. There are two items that are scored opposite when added into the subscores (relaxed & efficient)

For example, 0=4, 1=3, 2=2, 3=1, 4=0.

Anger_hostility=

annoyed+resentful+bitter+ready_to_fight+angry+rebellious+deceived+peevied+furious+bad_tempered+grouchy+spiteful

Confusion_bewilderment=muddled+confused+bewildered+efficient_op+forgetful+uncertain_about_things+unable_to_concentrate

Depression_dejection=discouraged+lonely+miserable+gloomy+desperate+unhappy+helpless+sorry_for_things_done+sad+worthless+blue+terrified+hopeless+guilty+unworthy

Fatigue_inertia=exhausted+worn_out+sluggish+weary+listless+bushed+fatigued

Tension_anxiety=nervous+anxious+tense+shaky+on_edge+panicky+relaxed_op+uneasy+restless

Vigor_activity=cheerful+lively+alert+active+full_of_pep+energetic+carefree+vigorous

Total_mood_disturbance=tension_anxiety+depression_dejection+anger_hostility+fatigue_inertia+confusion_bewilderment - vigor_activity

Sleep Cohort Study-POMS: Below is a list of words that describe feelings that people have. Please

read each word carefully. Then place an X in the box that best describes HOW YOU HAVE BEEN

FEELING DURING THE PAST WEEK, INCLUDING TODAY.

	Not at all	A little	Moderately	Quite a bit	Extremely	Variable_name
1. Friendly	0	1	2	3	4	friendly
2. Tense	0	1	2	3	4	tense
3. Angry	0	1	2	3	4	angry
4. Worn out	0	1	2	3	4	worn_out
5. Unhappy	0	1	2	3	4	unhappy
6. Clear-headed	0	1	2	3	4	clear_headed
7. Lively	0	1	2	3	4	lively
8. Confused	0	1	2	3	4	confused
9. Sorry for things done	0	1	2	3	4	sorry_for_things_done
10. Shaky	0	1	2	3	4	shaky
11. Listless	0	1	2	3	4	listless
12. Peeved	0	1	2	3	4	peeved
13. Considerate	0	1	2	3	4	considerate
14. Sad	0	1	2	3	4	bad
15. Active	0	1	2	3	4	active
16. On edge	0	1	2	3	4	on_edge
17. Grouchy	0	1	2	3	4	grouchy
18. Blue	0	1	2	3	4	blue
19. Energetic	0	1	2	3	4	energetic
20. Panicky	0	1	2	3	4	panicky
21. Hopeless	0	1	2	3	4	hopeless
22. Relaxed	0	1	2	3	4	relaxed
23. Unworthy	0	1	2	3	4	unworthy
24. Spiteful	0	1	2	3	4	spiteful
25. Sympathetic	0	1	2	3	4	sympathetic
26. Uneasy	0	1	2	3	4	uneasy
27. Restless	0	1	2	3	4	restless
28. Unable to concentrate	0	1	2	3	4	unable_to_concentrate
29. Fatigued	0	1	2	3	4	fatigued
30. Helpful	0	1	2	3	4	helpful
31. Annoyed	0	1	2	3	4	annoyed
32. Discouraged	0	1	2	3	4	discouraged
33. Resentful	0	1	2	3	4	resentful
34. Nervous	0	1	2	3	4	nervous
35. Lonely	0	1	2	3	4	lonely

	Not at all	A little	Moderately	Quite a bit	Extremely	variable_name
36. Miserable	0	1	2	3	4	miserable
37. Muddled	0	1	2	3	4	muddled
38. Cheerful	0	1	2	3	4	cheerful
39. Bitter	0	1	2	3	4	bitter
40. Exhausted	0	1	2	3	4	exhausted
41. Anxious	0	1	2	3	4	anxious
42. Ready to fight	0	1	2	3	4	ready_to_fight
43. Good natured	0	1	2	3	4	good_natured
44. Gloomy	0	1	2	3	4	gloomy
45. Desperate	0	1	2	3	4	desperate
46. Sluggish	0	1	2	3	4	sluggish
47. Rebellious	0	1	2	3	4	rebellious
48. Helpless	0	1	2	3	4	helpless
49. Weary	0	1	2	3	4	weary
50. Bewildered	0	1	2	3	4	bewildered
51. Alert	0	1	2	3	4	alert
52. Deceived	0	1	2	3	4	deceived
53. Furious	0	1	2	3	4	furious
54. Efficient	0	1	2	3	4	efficient
55. Trusting	0	1	2	3	4	trusting
56. Full of pep	0	1	2	3	4	full_of_pep
57. Bad-tempered	0	1	2	3	4	bad_tempered
58. Worthless	0	1	2	3	4	worthless
59. Forgetful	0	1	2	3	4	forgetful
60. Carefree	0	1	2	3	4	carefree
61. Terrified	0	1	2	3	4	terrified
62. Guilty	0	1	2	3	4	guilty
63. Vigorous	0	1	2	3	4	vigorous
64. Uncertain about things	0	1	2	3	4	uncertain_about_things
65. Bushed	0	1	2	3	4	bushed

Thank you.