

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 |

Please flip over. Items continue on the back page...

| | 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.