Table 1. Mary and James mood state (POMS)

|  |  |  |  |
| --- | --- | --- | --- |
|   | Mary | James | *Normal Range* |
| FATIGUE | 16 | 18 | *(2-10)* |
| TENSION | 25 | 23 | *(4-15)* |
| DEPRESSION | 22 | 20 | *(0-17)* |
| VIGOR | 2 | 4 | *(10-21M; 9-20F)* |
| CONFUSION | 15 | 12 | *(4-12)* |
| ANGER | 18 | 35 | *(8-22)* |