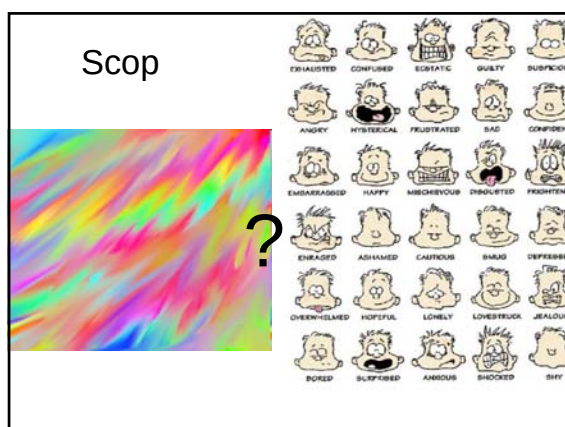




Material e metode

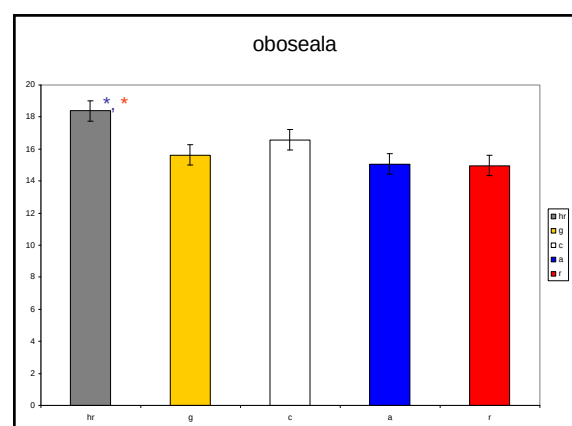
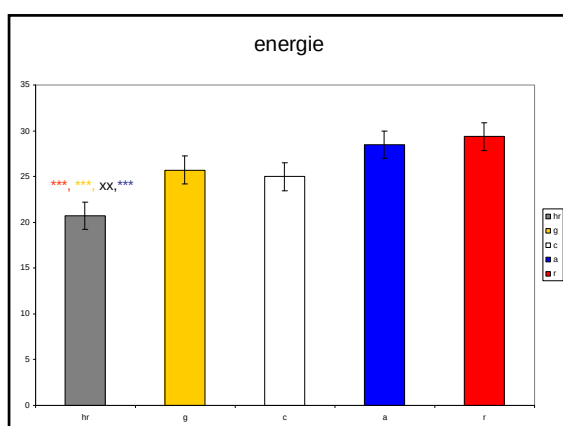
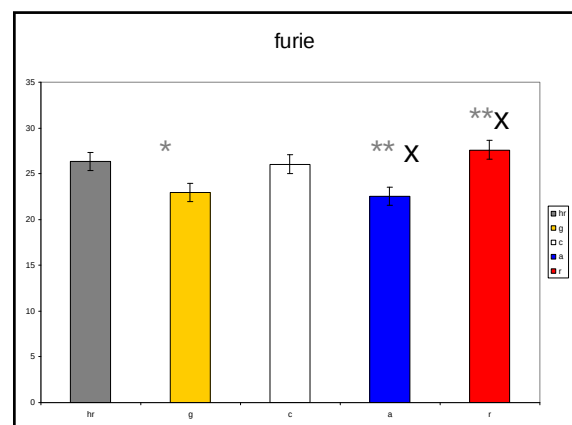
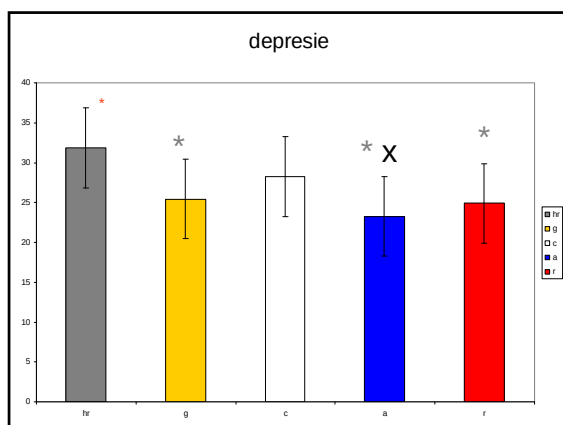
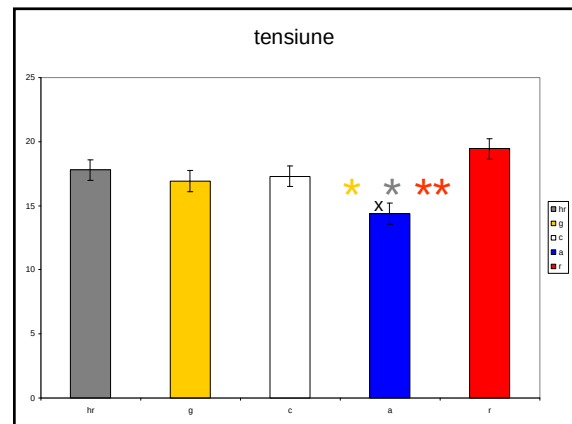
- 230 de subiecti, voluntari, 18-27 ani, 5 grupuri
- 46 de subiecti in fiecare grup (23 f si 23 m)
- POMS
- 65 de intrebari
- 6 stari-tensiune (anxietate), depresie, furie, energie, oboseala, confuzie + deviatia de dispozitie
- a saptea stare-prietenie -Guadagnoli, & Prochaska (1984)

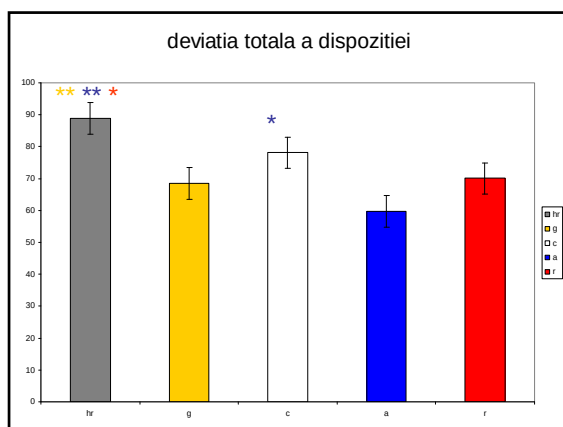
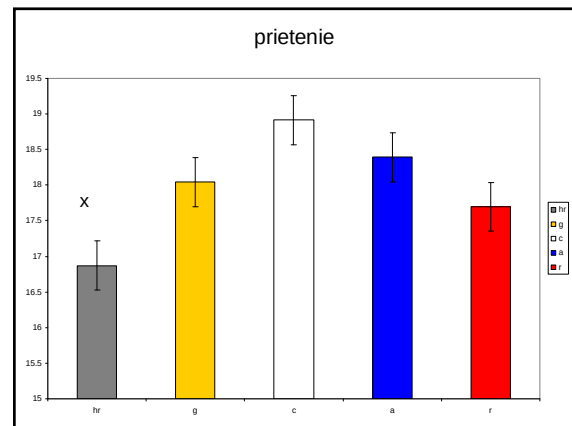
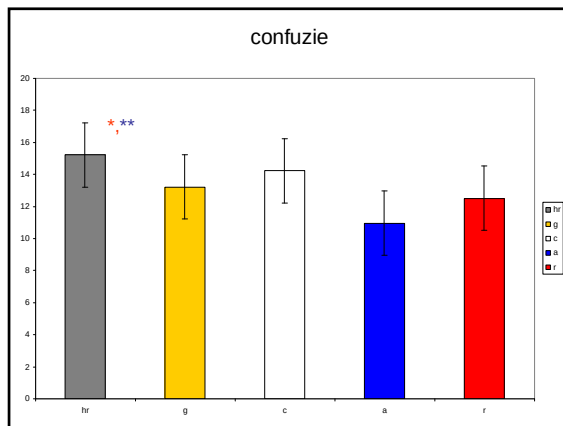
Profile of Mood States

Subject's Initials: _____
 Birth Date: _____
 Date: _____
 Subject Code No: _____

Directions: Describe HOW YOU FEEL RIGHT NOW by checking one space after each of the words listed below.

FEELING	Not at all	1	2	3	4	5	6	7	8	9	10	Extremely
Friendly												
Tense												
Angry												
Worn Out												
Unhappy												
Overwhelmed												
Lively												
Confused												
Awake the sleep												
Shaky												
Lonely												
Nervous												
Considerate												
Self												
Active												
Outraged												
Grumpy												
Blue												
Energetic												
Fatigued												





Concluzii

- Albastrul modifica pozitiv dispozitia
- Culoarea hartiei reciclate este deprimanta

Concluzii

- Rosul creste furia si energia
- Galbenul are un oarecare efect calmant si energizant asupra dispozitiei

THINK PINK

Sufletul se vopseste in culoarea gandurilor sale
Marc Aureliu