Mood and Health in Lithuanian Adults – Validated Measure and Profiles

Investigation of moods in specific language and cultural contexts relies on the availability of appropriately validated measures.
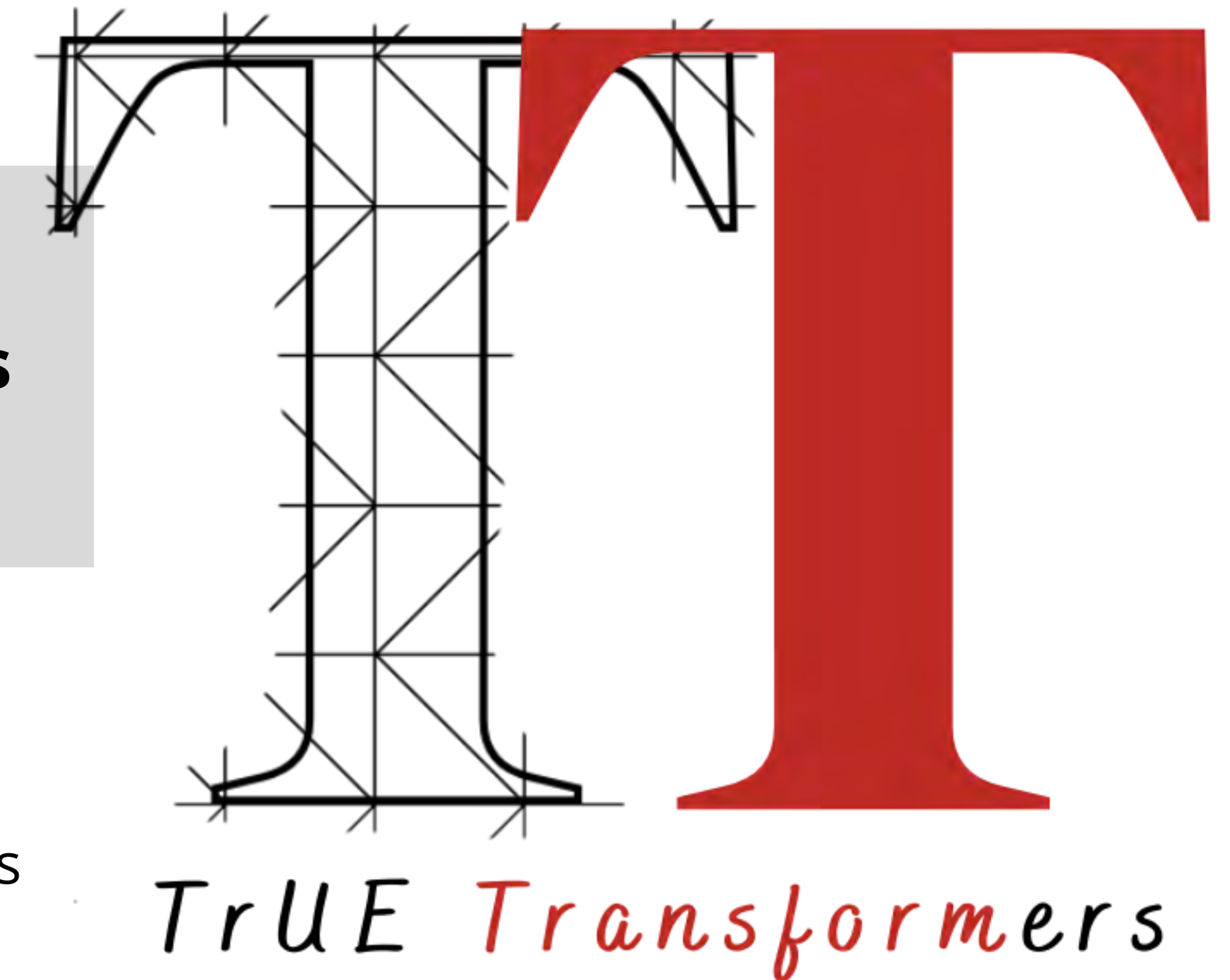
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TrUE Transformers

Team

Faculty: Marc Lochbaum, Peter Terry, Albertas Skurvydas, Ausra Lisinskiene, Daiva Majauskiene, Dovile Valancience

Student: Sydney Cooper

Top 3 Transformative Priorities

1. Leveraged Existing Support
2. Intentionally Recruited Underrepresented Students
3. Strong Potential for Institutionalization

Introduction

Mood is a diffuse and global emotional state. Investigation of moods in specific language and cultural contexts relies on the availability of appropriately validated measures. Our first study involved the translation and validation of the Brunel Mood Scale (BRUMS) from English into Lithuanian. In our second study, we investigated if six mood profiles from previous research, termed the iceberg, inverse Everest, inverse iceberg, shark fin, submerged, and surface profiles, were evident among a Lithuanian sample (N = 746). Findings supported the cross-cultural invariance of the mood profile clusters and confirmed the link between unhealthy habits and negative mood profiles.

Faculty Voice

"This project, consisting of two publications, enabled me to engage with Sydney across the world with **leading researchers** in Lithuania and Australia. Moreover, with TrUE Transformers Funding, I was able to engage an undergraduate component, who then with pay, focused on the research rather than the research and finding a job outside of school."

-- Dr. Marc Lochbaum

Student Voice

"Having the opportunity to work with Dr. Lochbaum on this project gave me the **knowledge** and **positive outlook** I needed to pursue my own PhD"

-- Undergraduate, Sydney Cooper

Published Work

Terry, P.C.; Skurvydas, A.; Lisinskiene, A.; Majauskiene, D.; Valanciene, D.; Cooper, S.; Lochbaum, M. Validation of a Lithuanian- Language Version of the Brunel Mood Scale: The BRUMS-LTU. Int. J. Environ. Res. Public Health 2022, 19, 4867. https://doi.org/10.3390/ijerph19084867

Terry, P.C.; Parsons-Smith, R.L.; Skurvydas, A.; Lisinskien˙e, A.; Majauskien˙e, D.; Valanˇcien˙e, D.; Cooper, S.; Lochbaum, M. Physical Activity and Healthy Habits Influence Mood Profile Clusters in a Lithuanian Population. Sustainability 2022, 14, 10006. https://doi.org/10.3390/su141610006