

Cross-Cultural Validation of Mood Profile Clusters in a Sport and Exercise Context

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Introduction

Parsons-Smith, Terry and Machin (2017) recently identified and described six mood profile clusters. We investigated whether the same clusters were evident in an Italian-language context.

Methods

Participants and Measures

- Sample 1: 950 athletes/exercisers (age range: 16–63, females = 659) completed the Italian Mood Scale (Quartiroli et al., 2017).
- Sample 2: 2,364 English speakers (age range = 18–65+, females = 1,145) completed the Brunel Mood Scale (Terry et al., 2003).

Data Analysis

- Clusters were established using knowledge-based cluster analysis and *post hoc* DFA.
- Between-group comparisons were explored using MANOVA and Chi-squared analyses.

Results

- The same six clusters were identified in each sample, termed the iceberg profile, inverse Everest profile, inverse iceberg profile, shark fin profile, submerged profile, and surface profile (Figure 1 & 2).
- Females were under-represented for the iceberg profile and over-represented for inverse Everest and shark fin profiles in both samples.
- Those aged 18–24 were under-represented for the iceberg profile, and over-represented for the shark fin and surface profiles in both profiles, whereas those aged 36–45 and 56–65 were over-represented for the iceberg profile. inverse Everest, inverse iceberg, and submerged profiles were independent of age.

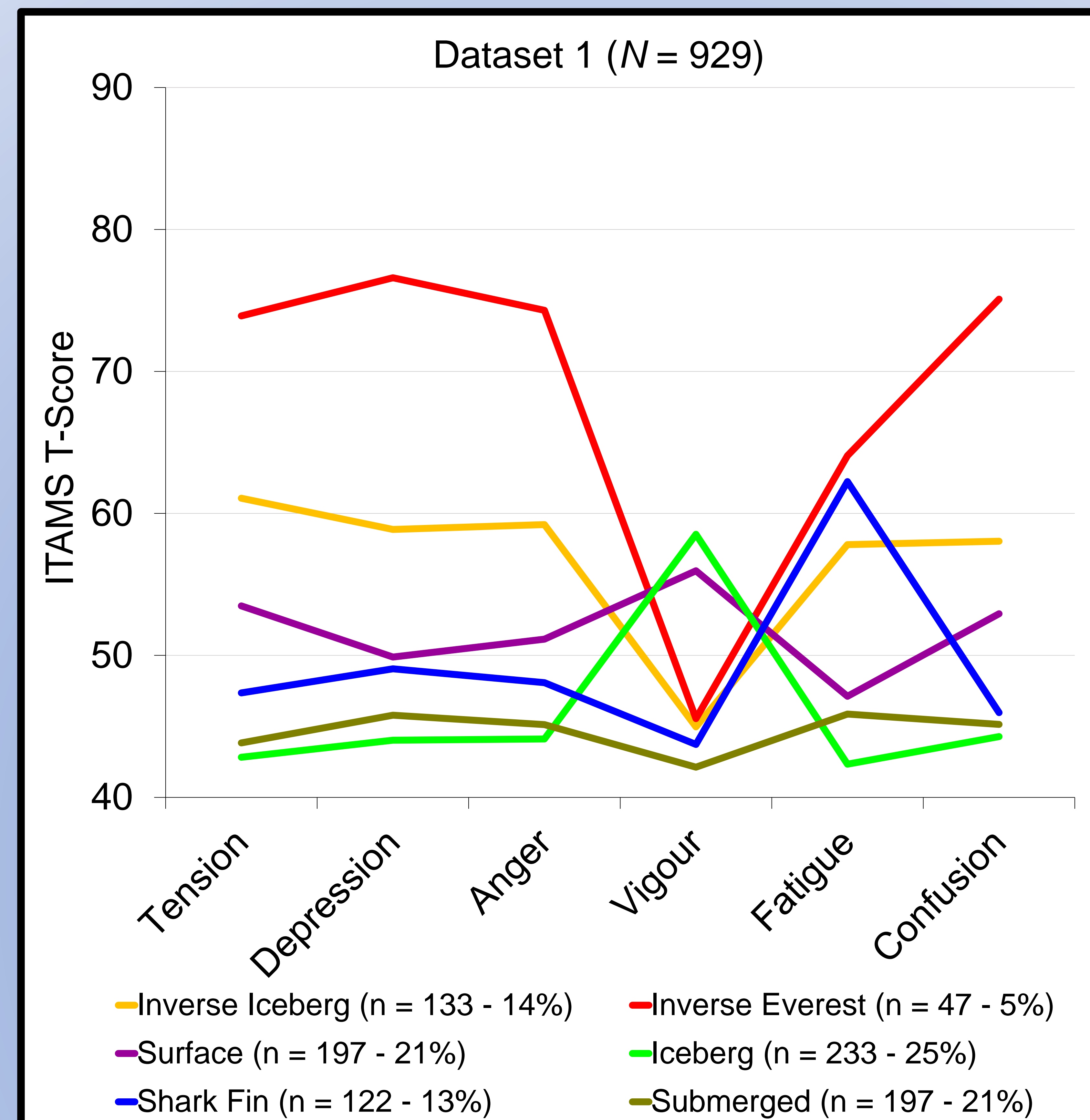


Figure 1: Mood Profile Clusters in Sample 1

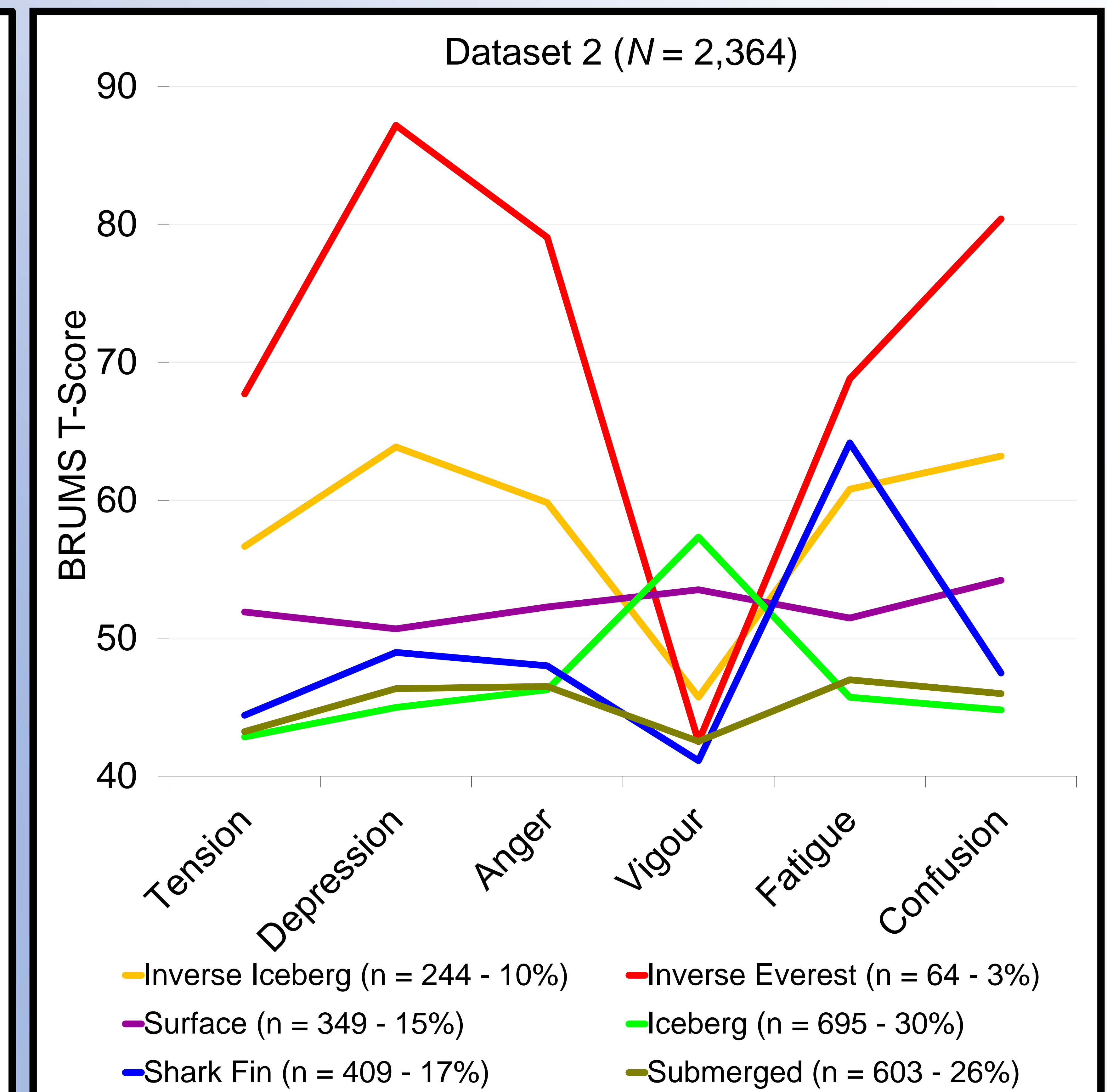


Figure 2: Mood Profile Clusters in Sample 2



Conclusion

The six mood clusters identified by Parsons-Smith et al. (2017) were replicated in an Italian sample. Their generalizability and incidence in other cultural contexts should be investigated.

