

# RTQ-3I (state, past)

Please answer the following questions in relation to the situation you have just described. How true (1-5) are each of these statements with respect to your experience **after the situation**?

1 Not true at all 2 3 Somewhat true 4 5 Very true

|  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. I had thoughts or images about the situation that occurred over and over again, that resulted in my feelings getting worse and worse.                     | 1 | 2 | 3 | 4 | 5 |
| 2. There was nothing more I could do about the situation, so I didn't think about it anymore.  | 1 | 2 | 3 | 4 | 5 |
| 3. I listened to sad music   | 1 | 2 | 3 | 4 | 5 |
| 4. I had thoughts or images about turning the clock back to do something again, but doing it better.   | 1 | 2 | 3 | 4 | 5 |
| 5. I had thoughts or images about all my shortcomings, failings, faults, mistakes.   | 1 | 2 | 3 | 4 | 5 |
| 6. I went some place alone to think about my feelings.   | 1 | 2 | 3 | 4 | 5 |
| 7. My thoughts overwhelmed me  | 1 | 2 | 3 | 4 | 5 |
| 8. I had thoughts or images like "Why do I have problems other people don't have?"   | 1 | 2 | 3 | 4 | 5 |
| 9. When I was under pressure, I thought a lot about the situation  | 1 | 2 | 3 | 4 | 5 |
| 10. I had thoughts or images about a past event that came into my head even when I did not wish to think about it again                                      | 1 | 2 | 3 | 4 | 5 |
| 11. I had thoughts or images that "I won't be able to do my job/work because I feel so badly."   | 1 | 2 | 3 | 4 | 5 |
| 12. I went away by myself and thought about why I felt this way.   | 1 | 2 | 3 | 4 | 5 |
| 13. I had thoughts or images about the situation that resulted in me avoiding similar situations and that reinforced a decision to avoid similar situations. | 1 | 2 | 3 | 4 | 5 |
| 14. I found it easy to dismiss distressing thoughts about the situation  | 1 | 2 | 3 | 4 | 5 |
| 15. I had thoughts or images like "Why can't I get going?"   | 1 | 2 | 3 | 4 | 5 |
| 16. I had thoughts or images of the situation that were difficult to forget.   | 1 | 2 | 3 | 4 | 5 |
| 17. I was always thinking about something.   | 1 | 2 | 3 | 4 | 5 |
| 18. I didn't tend to think about it (the situation)  | 1 | 2 | 3 | 4 | 5 |
| 19. Once I started thinking about the situation, I couldn't stop.  | 1 | 2 | 3 | 4 | 5 |
| 20. I didn't have enough time to do everything, so I didn't think about it   | 1 | 2 | 3 | 4 | 5 |
| 21. I had thoughts or images about how alone I felt.   | 1 | 2 | 3 | 4 | 5 |
| 22. I had a lot of thoughts or images of the situation after it was over.  | 1 | 2 | 3 | 4 | 5 |
| 23. I noticed that I had been thinking about the situation.  | 1 | 2 | 3 | 4 | 5 |
| 24. I had thoughts or images of the situation that I tried to resist thinking about.   | 1 | 2 | 3 | 4 | 5 |

|  | Not<br>true at<br>all |   | Some-<br>what<br>true |   | Very<br>true |
|--|-----------------------|---|-----------------------|---|--------------|
| 25. I had thoughts or images about how angry I was with myself.                  | 1                     | 2 | 3                     | 4 | 5            |
| 26. I thought about the situation all the time.                                  | 1                     | 2 | 3                     | 4 | 5            |
| 27. I thought about the situation until it was all done                          | 1                     | 2 | 3                     | 4 | 5            |
| 28. I knew I shouldn't have thought about the situation, but I couldn't help it  | 1                     | 2 | 3                     | 4 | 5            |
| 29. I had thoughts or images asking " <i>Why do I always react this way?</i> "   | 1                     | 2 | 3                     | 4 | 5            |
| 30. I had thoughts or images about the situation and wishing it had gone better. | 1                     | 2 | 3                     | 4 | 5            |
| 31. The situation really made me think   | 1                     | 2 | 3                     | 4 | 5            |

### **Scoring the RTQ-31 (state, past)**

Simply sum the following items to create the two subscales.

- Absence of Repetitive Thinking: Items 2, 14, 18, 20
- Repetitive Negative Thinking: All other items

### **References**

McEvoy, P. M., Mahoney, A. J., & Moulds, M. (2010). Are worry, rumination, and post-event processing one and the same? Development of the Repetitive Thinking Questionnaire, *Journal of Anxiety Disorders*, 24, 509-515.

Mahoney, A. E. J., McEvoy, P. M., & Moulds, M. L. (2012). Psychometric Properties of the Repetitive Thinking Questionnaire in a Clinical Sample. *Journal of Anxiety Disorders*, 26, 359-367.

### **PANAS-negative items**

The 10 emotion items are taken from the Positive and Negative Affect Scale (PANAS) – Negative affect subscale.

### **Reference**

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, 54, 1063-1070.