

PANAS-N

Recall the last time you felt especially distressed or upset. Briefly describe this situation in terms of what happened and what you did.

Think about how you felt **at the time** of the situation. Rate how strongly you felt each of the following emotions.

	Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
1. Distressed	1	2	3	4	5
2. Upset	1	2	3	4	5
3. Guilty	1	2	3	4	5
4. Scared	1	2	3	4	5
5. Hostile	1	2	3	4	5
6. Irritable	1	2	3	4	5
7. Ashamed	1	2	3	4	5
8. Nervous	1	2	3	4	5
9. Jittery	1	2	3	4	5
10. Afraid	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.