

## 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

# 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	2	3	4	5
	Not true at all		Somewhat true		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 <i>"Why do I have problems other people don't have?"</i>	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>"I won't be able to do my job/work because I feel so badly."</i>	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 <i>"Why can't I get going?"</i>	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 true at all		Some- what true		Very 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.