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| **Table 3.1: The Ruminative Responses Scale (RRS)** |
| Instructions to respondents:  **Rumination Scale**  People think and do many different things when they feel depressed. Please read each of the items below and indicate whether you almost never, sometimes, often, or almost always think or do each one when you feel down, sad, or depressed. Please indicate what you generally do, not what you think you should do.  1 = almost never, 2 = sometimes, 3 = often, 4 = almost always |
| 1. Analyze recent events to try to understand why you are depressed |
| 2. Think “Why do I always react this way?” |
| 3. Go away by yourself and think about why you feel this way |
| 4. Write down what you are thinking about and analyze it |
| 5. Think about a recent situation, wishing it would have gone better |
| 6. Think “Why do I have problems other people don’t have?” |
| 7. Analyze your personality to try to understand why you are sad, depressed |
| 8. Go someplace alone to think about your feelings |
| 9. Think “What am I doing to deserve this?” |
| 10. Think “Why can’t I handle things better?” |
| **Note.** The instructions listed above are from the original instrument provided by Susan Nolen-Hoeksema. Some studies used slightly different instructions; such as Treynor et al. (2003) who used an interview format with the instructions “People think and do many different things when they feel sad, blue, or depressed. I’m going to read a list of possibilities. Turn to the next scale in your book and please tell me if you never, sometimes, often, or always think or do each one when you feel down, sad,or depressed. Please indicate what you generally do, not what you think you should do.” (Nolen-Hoeksema et al., p.1064, 1999) |