**Dell’Acqua, Dal Bo`, Benvenuti, Ambrosini, Vallesi & Palomba, 2021:**

“The RRS is a 22-item self-report measure of rumination. Particularly, ten items have been identified to assess two components of rumination: brooding and reflective pondering. The measure consists of five brooding items (e.g., “think about a recent situation, wishing it had gone better”) and five reflection items (e.g., “analyze recent events to try to understand why you are depressed”), which are scored on a Likert scale ranging from 1 (never) to 4 (always). It has excellent internal consistency and validity (Treynor et al., 2003). In the present work, brooding was selectively analyzed because it is thought to be a more maladaptive form of rumination than is reflection, a response style that is more oriented toward reappraisal (Woody et al., 2014)”

**From the Lab:**  
The brooding subscale of the RRS is a 5-items self-report questionnaire measuring levels of brooding (4-point Likert scale ranging from 1 to 4) with higher scores indicating greater levels of brooding. The total score is the sum of all 5 items, and ranges from 5 to 20. RRS will be used to measure change, from pre-to post-intervention, in rumination/broodin.