

# Does culture moderate relationships between brooding and symptoms of depression and PTSD?

JOLANE ABRAMS & AKSHANTH SRIVATSA

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# Does culture moderate the relationships between rumination and symptoms of posttraumatic stress disorder and depression?

Haixiang Li <sup>1</sup>, Bryan Lee <sup>1</sup>, Tamsyn Reyneke <sup>1</sup>, Shamsul Haque <sup>2</sup>, Siti Zainab Abdullah <sup>2</sup>, Britney Kerr Wen Tan <sup>2</sup>, Belinda Liddell <sup>3</sup>, Laura Jobson <sup>1</sup>

Affiliations + expand

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## What is Rumination?



Rumination is defined as excessive, repetitive thinking about the same event.

Brooding rumination leads to negative moods and negative opinions of oneself. Brooding can also lead to substance abuse, depression, and anxiety.

<https://www.therecoveryvillage.com/mental-health/rumination/>

## Symptoms of Rumination



Excessive thinking about a painful topic or behavior



Excessive talking about a painful topic



Concentration problems



Loss of interest in usual activities

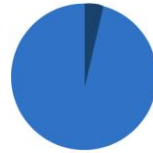


Loss of energy or motivation



Excess fatigue or excess sleeping

Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event.



**7 to 8%**

of the U.S. population will have PTSD at some point in their lives.



What it's like to have PTSD may be different for everyone. **There are four types of PTSD symptoms.**



### Reliving or re-experiencing the event

- Nightmares
- Flashbacks
- Triggers



### Hyperarousal or being on guard

- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable



### Avoidance

- Avoiding crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event



### Negative changes in beliefs and feelings

- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others



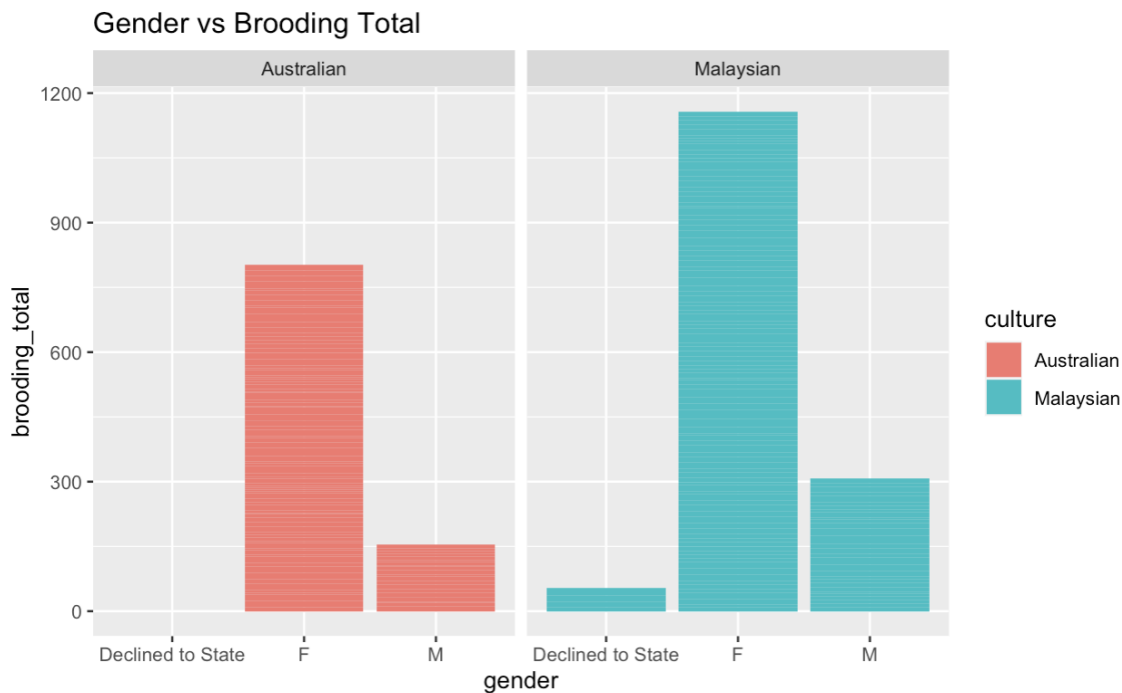


Data available online  
at <https://osf.io/g6h8a/>

2 data sets: depression and PTSD

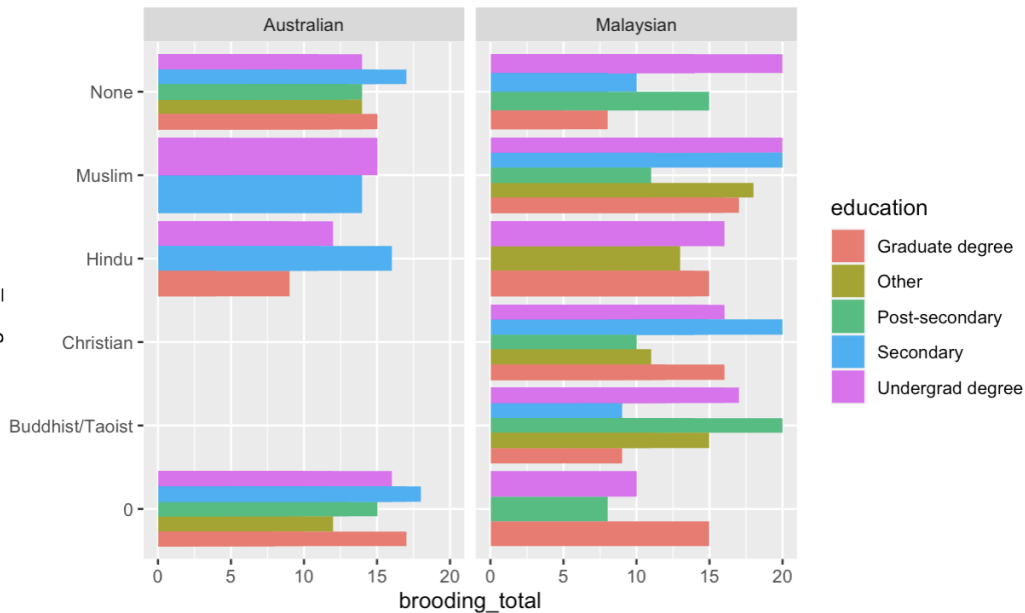
Depression : tidy

PTSD : needed some cleanup,  
nothing major



How Does  
Gender Relate  
to Between-  
Culture  
Brooding  
Scores?

Brooding Scores for Each of the Religions



How do Religion  
and Education  
Relate  
to Brooding  
scores Between  
Cultures?




LOOKS IMPRESSIVE, BUT  
TOO COMPLICATED.

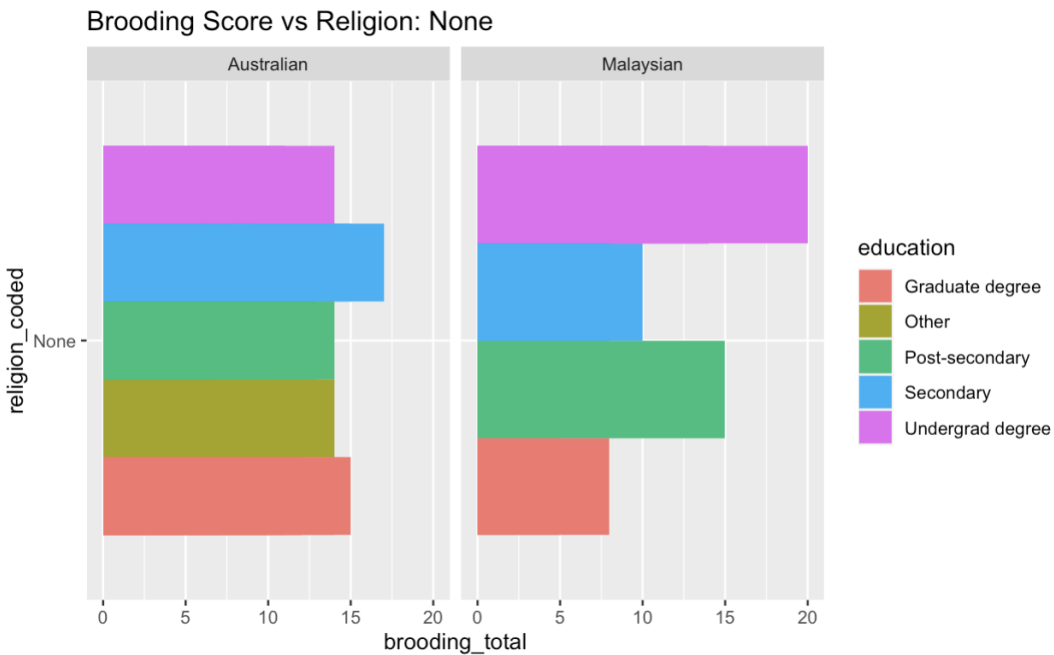


IS THERE A BETTER WAY  
TO GRAPH THIS?





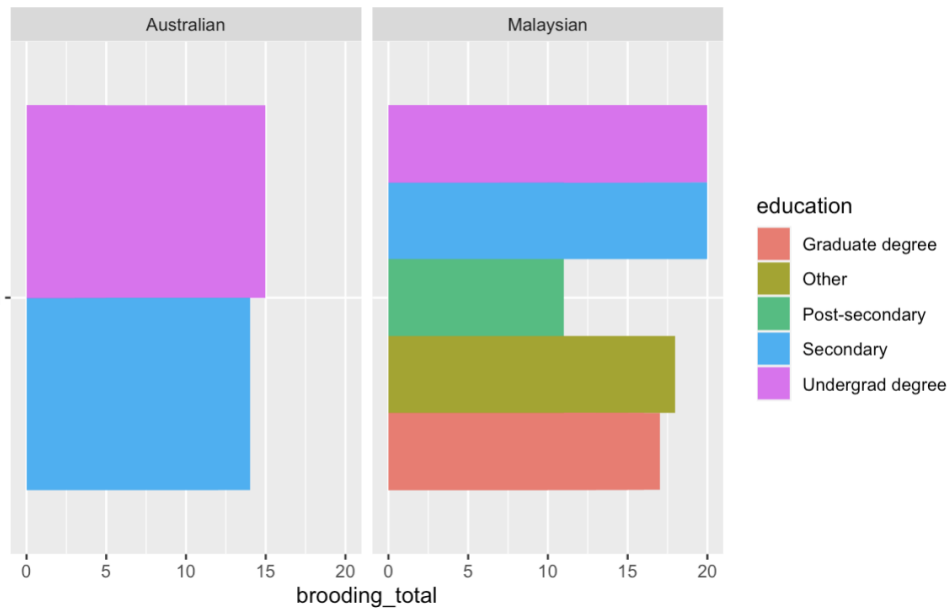
How does each  
religion relate  
to Brooding scores  
and Education  
levels?



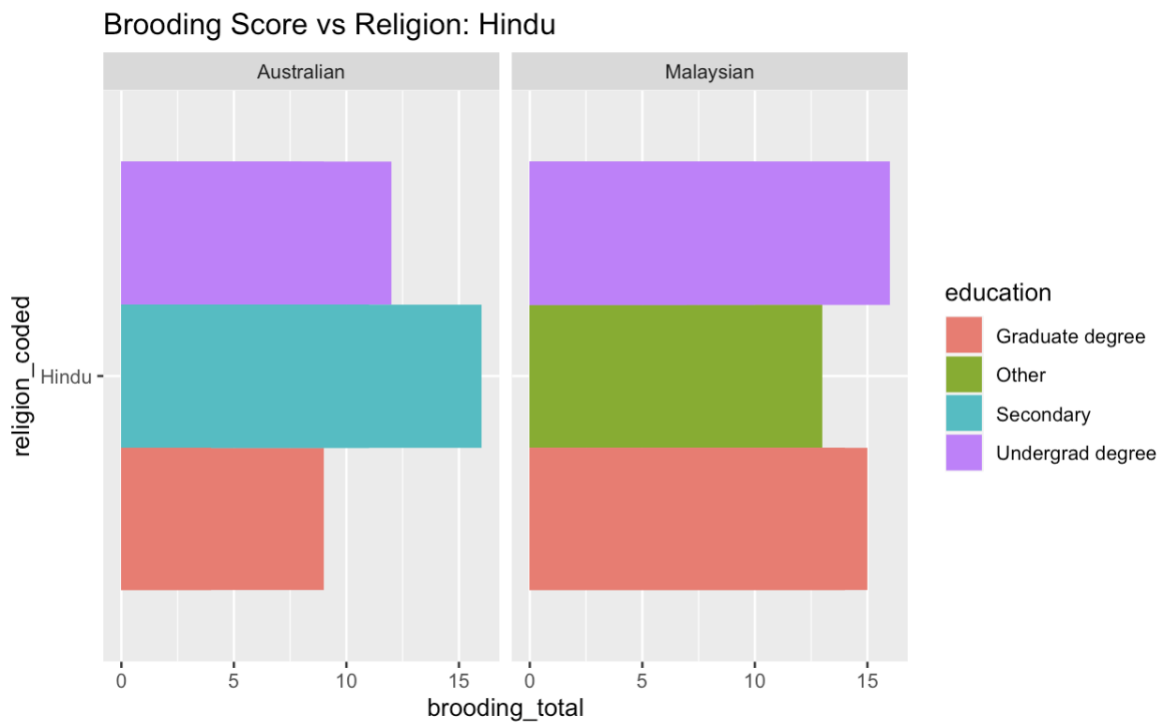
# No Religion, Education & Brooding\*

\*ONLY GRAPHED RELIGIONS WITH DIFFERENCES OF BROODING SCORES

Brooding Score vs Religion: Muslim



# Muslim, Education & Brooding



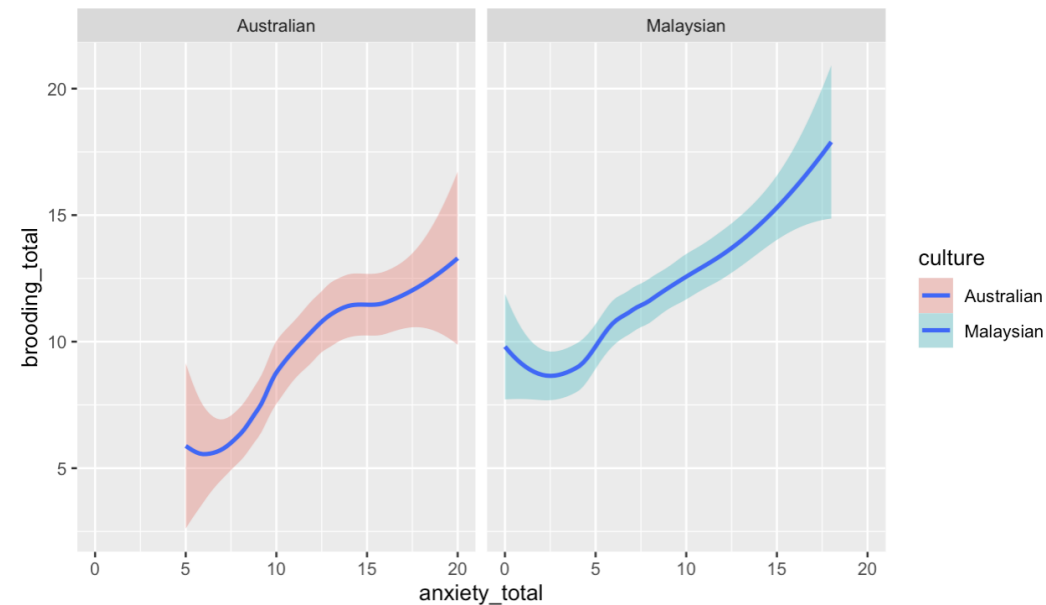
Hindu,  
Education  
& Brooding



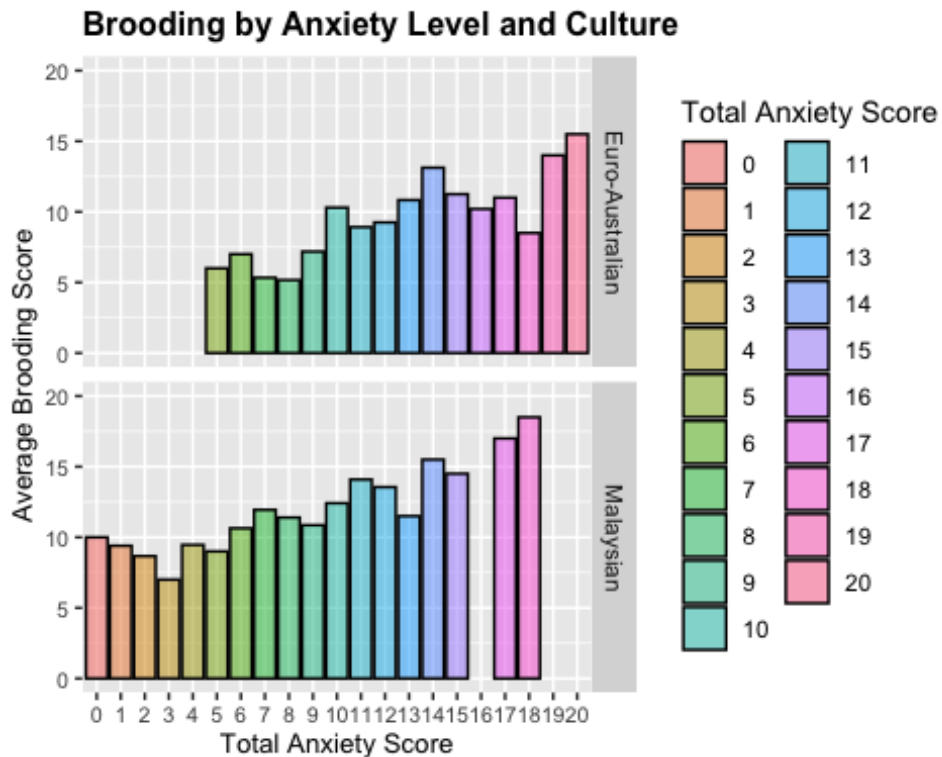
How do  
Depression  
scores relate  
to Brooding  
scores?

``GEOM_SMOOTH()`` USING  
FORMULA = 'Y ~ X'

Sum of Anxiety Scores vs Brooding Scores

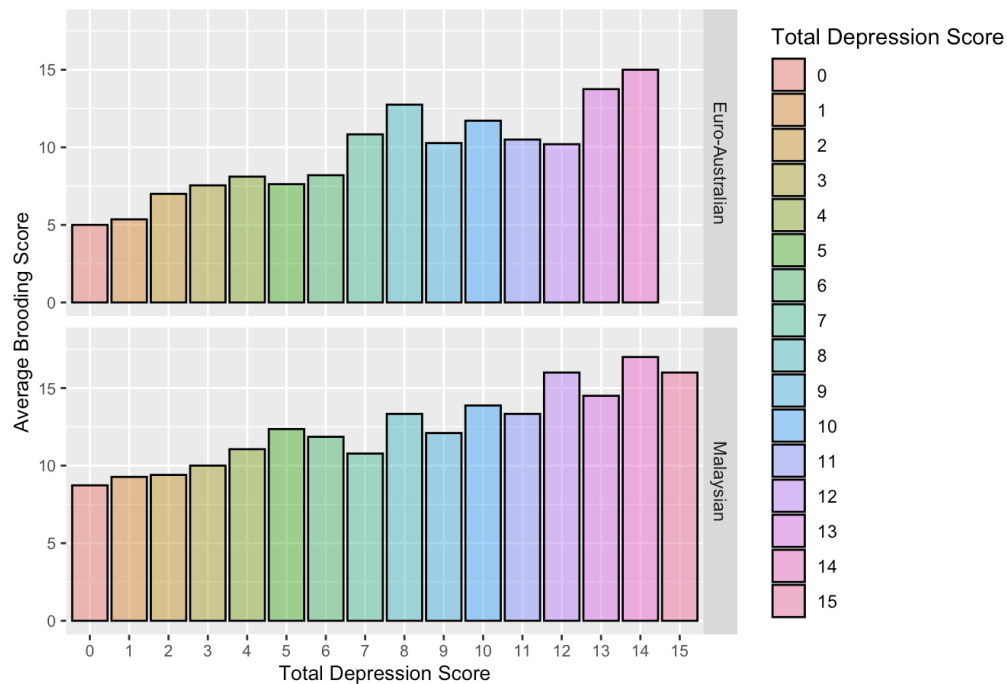


How do  
Anxiety scores  
Relate  
to Brooding  
scores?



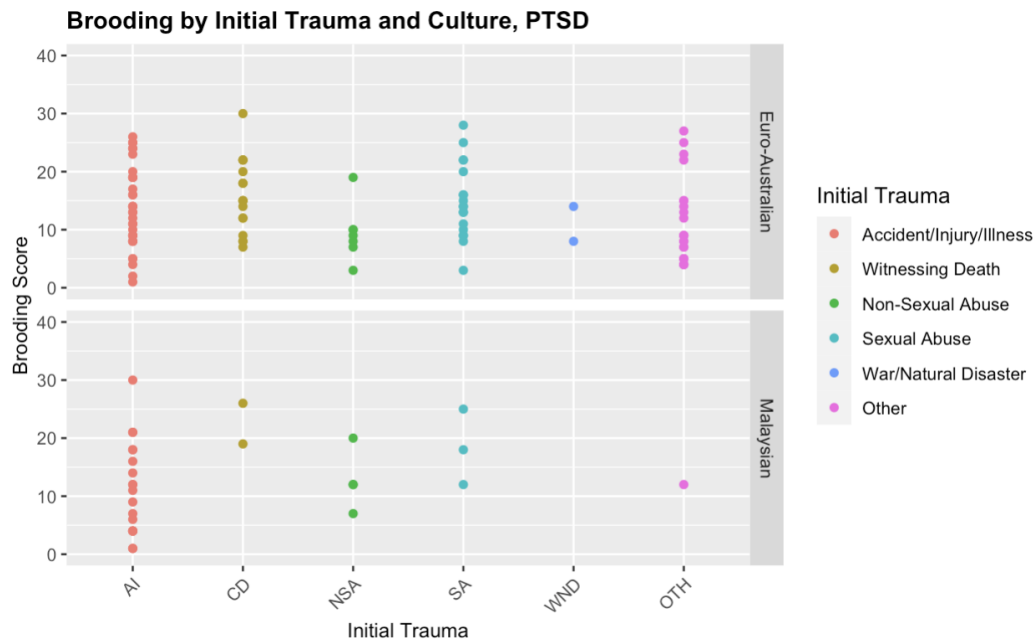
Graphically,  
how does  
that  
compare  
between  
cultures?

Brooding by Depression Level and Culture



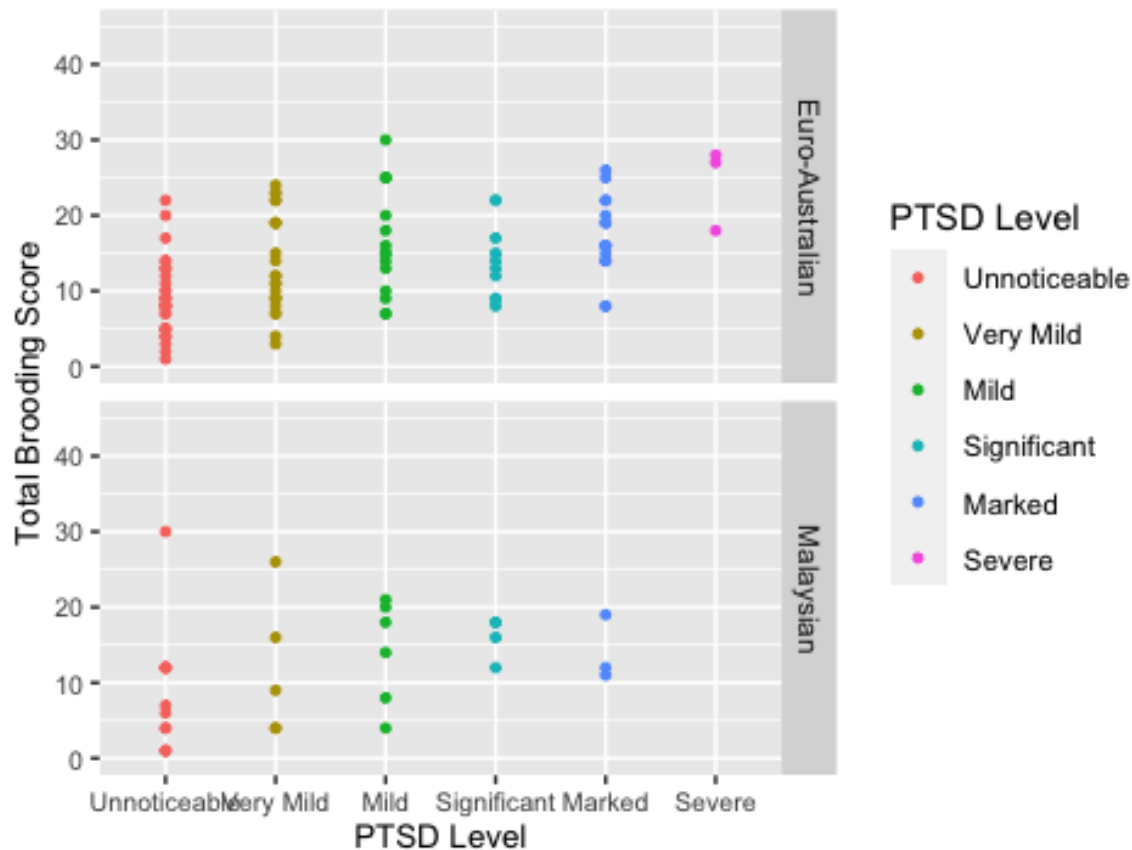
How about  
depression?





# PTSD - Brooding by Initial Trauma & Culture

## Brooding by PTSD Level and Culture, PTSD



# PTSD Level and Culture

# Conclusions (Depression)



- Women had higher brooding levels overall in both cultures, with Malaysian women scoring higher than Euro-Australian women.
- Malaysians with undergraduate degrees had higher brooding levels if they had no religion, were Muslim or Hindu.
- Brooding was significantly correlated with anxiety and depression, but culture didn't show significant difference (confirms what paper found)

# Conclusions (PTSD)



- Largest maximum brooding scores were associated with initial trauma types Accident/Injury/Illness, Witnessing Death and Sexual Abuse for Euro-Australians. There were too few Malaysians to draw conclusions.
- Maximum brooding scores were associated with unnoticeable and mild PTSD levels. The maximum for severe PTSD was also high, but there were only three participants at that level.