Table 1. *Demographics and Mean (SD) Self-Report Data*

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| Variable | Controls  *n* = 24 | Depressed  *n* = 24 | *P* | Effect size |
| Gender | 13 f, 11 m | 15 f, 9 m | 0.89 |  |
| Age | 30.58 (11.09) | 29.79 (10.62) | 0.81 |  |
| Education (years) | 16.92 (1.98) | 16.29 (2.44) | 0.35 |  |
| BDI-II | 1.29 (2.22) | 25.38 (8.69) | < .001 |  |
| MASQ-GDA | 13.04 (2.10) | 21.38 (7.04) | < .001 |  |
| MASQ-AA | 17.65 (0.98) | 24.00 (8.24) | .001 |  |
| MASQ-GDD | 13.65 (2.08) | 38.46 (10.0) | < .001 |  |
| MASQ-AD | 45.61 (12.29) | 86.54 (8.74) | < .001 |  |
| RRS-Dep | 17.96 (4.73) | 32.96 (4.51) | < .001 |  |
| RRS-Brood | 7.75 (2.38) | 12.54 (2.99) | < .001 |  |
| RRS-Reflect | 9.04 (3.80) | 12.25 (2.97) | 0.002 |  |
| PSQI | 3.00 (2.00) | 8.48 (2.73) | < 0.001 |  |
| WTAR\* | 116.73 (11.58) | 117.09 (7.84) | 0.90 |  |

*Note*. f = female, m = male; BDI-II = Beck Depression Inventory II; MASQ = Mood and Anxiety Symptoms Questionnaire (GDD = General Distress: Depressive symptoms, AD = Anhedonic Depression, GDA = General Distress: Anxious symptoms, AA = Anxious Arousal); RRS = Ruminative Response Scale (Dep = depression subscale, Brood = brooding subscale, Reflect = reflection subscale); PSQI = Pittsburgh Sleep Quality Index; WTAR = Wechsler Test of Adult Reading. Statistics reflect between-group *t*-tests except for gender (chi-square).PSQI scores <= 5 indicate good sleep quality, scores > 5 indicate poor sleep quality. \*WTAR data from non-native English speakers were not analyzed (controls, *n* = 2; MDD, *n* = 2). Of the 24 depressed participants: 2 met criteria for generalized anxiety in the past 6 months; 2 reported agoraphobia in the past month; 2 reported social anxiety in the past month; 2 reported panic attacks in the last month; and 7 reported having panic attacks at least once in their lifetime.