

Rumination Scale

Record ID _____

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.

	Almost never	Sometimes	Often	Almost always
1. think about how alone you feel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. think "I won't be able to do my job if I don't snap out of this"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. think about your feelings of fatigue and achiness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. think about how hard it is to concentrate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. think "What am I doing to deserve this?"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. think about how passive and unmotivated you feel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. analyze recent events to try to understand why you are depressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. think about how you don't seem to feel anything anymore	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. think "Why can't I get going?"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. think "Why do I always react this way?"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. go away by yourself and think about why you feel this way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. write down what you are thinking about and analyze it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. think about a recent situation, wishing it had gone better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. think "I won't be able to concentrate if I keep feeling this way."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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| 15. think "Why do I have problems other people don't have?" | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16. think "Why can't I handle things better?" | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17. think about how sad you feel | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18. think about all your shortcomings, failings, faults, mistakes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19. think about how you don't feel up to doing anything | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20. analyze your personality to try to understand why you are depressed | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21. go someplace alone to think about your feelings | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22. think about how angry you are with yourself | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |