

Dear Colleague,

Please find enclosed a copy of the Ruminative Responses Scale we have been using in much of our research on response styles for depression. For full information on the psychometric qualities of this scale, please see Treynor, Gonzalez, and Nolen-Hoeksema (2003), *Cognitive Therapy and Research*, 27, 247-259. To obtain scores on this scale, simply sum the scores on the 22 items.

The original Response Styles Questionnaire also included Distraction and Problem-Solving subscales. Neither of these subscales have proven reliable or good predictors of depression change over time, so I am no longer distributing them.

Please send me copies of reports of all studies in which you use any of these scales. Good luck in your research.

Sincerely,

Susan Nolen-Hoeksema, Ph.D.
Yale University

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. think about how alone you feel
2. think "I won't be able to do my job if I don't snap out of this"
3. think about your feelings of fatigue and achiness
4. think about how hard it is to concentrate
5. think "What am I doing to deserve this?"
6. think about how passive and unmotivated you feel.
7. analyze recent events to try to understand why you are depressed
8. think about how you don't seem to feel anything anymore
9. think "Why can't I get going?"
10. think "Why do I always react this way?"
11. go away by yourself and think about why you feel this way
12. write down what you are thinking about and analyze it
13. think about a recent situation, wishing it had gone better
14. think "I won't be able to concentrate if I keep feeling this way."
15. think "Why do I have problems other people don't have?"
16. think "Why can't I handle things better?"
17. think about how sad you feel.
18. think about all your shortcomings, failings, faults, mistakes
19. think about how you don't feel up to doing anything
20. analyze your personality to try to understand why you are depressed
21. go someplace alone to think about your feelings
22. think about how angry you are with yourself