

RRQ

Instructions:

For each of the statements located on the next two pages, please indicate your level of agreement or disagreement by circling one of the scale categories to the right of each statement. Use the scale as shown below:

	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
1. My attention is often focused on aspects of myself I wish I'd stop thinking about.....	1	2	3	4	5
2. I always seem to be "re-hashing" in my mind recent things I've said or done.....	1	2	3	4	5
3. Sometimes it is hard for me to shut off thoughts about myself.	1	2	3	4	5
4. Long after an argument or disagreement is over with, my thoughts keep going back to what happened.	1	2	3	4	5
5. I tend to "ruminate" or dwell over things that happen to me for a really long time afterward.	1	2	3	4	5
6. I don't waste time re-thinking things that are over and done with.	1	2	3	4	5
7. Often I'm playing back over in my mind how I acted in a past situation.	1	2	3	4	5
8. I often find myself re-evaluating something I've done.....	1	2	3	4	5
9. I never ruminate or dwell on myself for very long.	1	2	3	4	5
10. It is easy for me to put unwanted thoughts out of my mind.	1	2	3	4	5
11. I often reflect on episodes in my life that I should no longer concern myself with.	1	2	3	4	5
12. I spend a great deal of time thinking back over my embarrassing or disappointing moments.	1	2	3	4	5

PLEASE CONTINUE ON THE NEXT PAGE...

**Strongly
Disagree**
1

Disagree
2

Neutral
3

Agree
4

**Strongly
Agree**
5

- | | | | | | |
|---|---|---|---|---|---|
| 13. Philosophical or abstract thinking doesn't appeal to me that much..... | 1 | 2 | 3 | 4 | 5 |
| 14. I'm not really a meditative type of person. | 1 | 2 | 3 | 4 | 5 |
| 15. I love exploring my "inner" self. | 1 | 2 | 3 | 4 | 5 |
| 16. My attitudes and feelings about things fascinate me. | 1 | 2 | 3 | 4 | 5 |
| 17. I don't really care for introspective or self-reflective thinking. | 1 | 2 | 3 | 4 | 5 |
| 18. I love analyzing why I do things. | 1 | 2 | 3 | 4 | 5 |
| 19. People often say I'm a "deep", introspective type of person. | 1 | 2 | 3 | 4 | 5 |
| 20. I don't care much for self-analysis. | 1 | 2 | 3 | 4 | 5 |
| 21. I'm very self-inquisitive by nature. | 1 | 2 | 3 | 4 | 5 |
| 22. I love to meditate on the nature and meaning of things..... | 1 | 2 | 3 | 4 | 5 |
| 23. I often love to look at my life in philosophical ways..... | 1 | 2 | 3 | 4 | 5 |
| 24. Contemplating myself isn't my idea of fun. | 1 | 2 | 3 | 4 | 5 |

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<hr style="border: 1px solid black;"/>					
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24. Contemplating myself isn't my idea of fun.	1	2	3	4	5

***SPSS Syntax for RRQ Scoring*.**

*Step 1: Reverse code the reverse worded items.

RECODE

```
  rrq6, rrq9, rrq10,  
  rrq13, rrq14, rrq17, rrq20, rrq24  
    (5=1) (1=5) (4=2) (2=4).
```

*Step 2: Compute scale total scores.

COMPUTE rum= mean.10(rrq1 to rrq12).

COMPUTE ref= mean.10(rrq13 to rrq24).

*SPSS note: The integer, 10, that appears just before the left brace above specifies how many blank or missing responses to allow when generating the scale total score. Because there are 12 items listed within the braces for each scale, the integer "10" specifies that up to two blank item responses are allowable , i.e, a minimum of ten valid item responses are required to compute the scale score. Users may wish to specify greater or fewer allowable missing responses by modifying that value in the spss statement. For example, changing that value to "12" would specify that 12 valid responses are required to return a valid scale score (no missing data are allowed), changing that value to "11" would specify that 11 valid responses are required to compute a scale score (i.e, 1 missing item response is allowed), and so on.

Shorter Versions

Trapnell, P.D. (1997). Unpublished data, Univ. of British Columbia.

Rumination shortforms (6 and 8 items)

item
means

3.23	01 My attention is often focused on aspects of myself I wish Id stop thinking about
3.34	03 Sometimes it is hard for me to shut off thoughts about myself
3.50	05 I tend to "ruminate" or dwell over things that happen to me for a really long time afterward
3.67	06 I dont waste time re-thinking things that are over and done with
3.44	09 I never ruminate or dwell on myself for very long
3.49	10 It is easy for me to put unwanted thoughts out of my mind
3.51	11 I often reflect on episodes in my life that I should no longer concern myself with
3.36	12 I spend a great deal of time thinking back over my embarrassing or disappointing moments
3.70	02 I always seem to be "re-hashing" in my mind recent things Ive said or done
3.72	04 Long after an argument or disagreement is over with, my thoughts keepgoing back to what happened
3.80	07 Often Im playing back over in my mind how I acted in a past situation
3.78	08 I often find myself re-evaluating something Ive done

8 items:

Sample	N	Mean	Sdev	Alpha
Women	370	3.48	.647	.84
Men	145	3.31	.650	.81
Combined	515	3.44	.650	.83

6 items:

Sample	N	Mean	Sdev	Alpha
Women	370	3.48	.650	.78
Men	145	3.32	.642	.74
Combined	515	3.44	.652	.77

Reflection shortforms (6 and 8 items)

item
means

3.18	01	Philosophical or abstract thinking doesnt appeal to me that much
2.96	02	Im not really a meditative type of person
3.63	03	I love exploring my "inner" self
3.50	05	I dont really care for introspective or self-reflective thinking
3.17	10	I love to meditate on the nature and meaning of things
3.02	11	I often love to look at my life in philosophical ways
3.27	06	I love analyzing why I do things
3.01	07	People often say Im a "deep", introspective type of person
3.36	04	My attitudes and feelings about things fascinate me
3.59	08	I dont care much for self analysis
3.42	09	Im very self inquisitive by nature
3.04	12	Contemplating myself isnt my idea of fun

8 items:

Sample	N	Mean	Sdev	Alpha
Women	370	3.24	.690	.85
Men	145	3.17	.656	.81
Combined	515	3.22	.680	.84

6 items:

Sample	N	Mean	Sdev	Alpha
Women	370	3.26	.707	.82
Men	145	3.19	.690	.76
Combined	515	3.25	.704	.81

Note: Item means are based on combined-sex sample, N=515; median age of the combined-sex sample was 19.2 yrs, with 95% of the sample at or between 17 and 25 years of age. Approx. 40% of the sample are students of East Asian ancestry born in Asia.

Psychometric Information

The following tables appear in: Trapnell, P.D., and Campbell, J.D. (1999). Private Self-Consciousness and the Five-Factor Model of Personality: Distinguishing Rumination From Reflection. *Journal of Personality and Social Psychology*, 0022-3514, February 1, 1999, Vol. 76, Issue 2.

“Table 3”

Factor structure and descriptive statistics of RRQ items

	Factor loadings ¹		Sample statistics ²	
	I	II	Mn	SD
Reflection factor:				
15. I love exploring my "inner" self.	.81	-.04	3.10	1.06
23. I often love to look at my life in philosophical ways.	.79	.01	2.84	1.11
22. I love to meditate on the nature and meaning of things.	.76	-.06	3.14	1.14
17. I don't really care for introspective or self-reflective thinking.(-)	.75	.00	3.51	.96
16. My attitudes and feelings about things fascinate me.	.72	-.03	3.20	1.00
18. I love analyzing why I do things.	.71	.11	2.98	1.09
20. I don't care much for self-analysis.(-)	.71	.06	3.46	.99
14. I'm not really a meditative type of person.(-)	.70	-.05	3.14	1.14
13. Philosophical or abstract thinking doesn't appeal to me that much.(-)	.69	.09	3.42	1.17
24. Contemplating myself isn't my idea of fun.(-)	.69	-.01	2.82	1.04
19. People often say I'm a "deep", introspective type of person.	.67	.03	2.75	1.10
21. I'm very self-inquisitive by nature.	.59	.11	3.34	.93
Rumination factor:				
5. I tend to "ruminate" or dwell over things that happen to me for a really long time afterward.	-.03	.80	3.43	1.09
7. Often I'm playing back over in my mind how I acted in a past situation.	-.03	.78	3.72	.90
2. I always seem to be rehashing in my mind recent things I've said or done.	-.02	.77	3.62	1.04
4. Long after an argument or disagreement is over with, my thoughts keep going back to what happened.	-.05	.71	3.84	1.02
6. I don't waste time re-thinking things that are over and done with.(-)	-.02	.71	3.66	.94
8. I often find myself re-evaluating something I've done.	.03	.70	3.74	.88
11. I often reflect on episodes in my life that I should no longer concern myself with.	.00	.70	3.29	1.03
12. I spend a great deal of time thinking back over my embarrassing or disappointing moments.	.10	.69	3.10	1.15
9. I never ruminate or dwell on myself for very long.(-)	.10	.65	3.32	1.00
10. It is easy for me to put unwanted thoughts out of my mind.(-)	-.06	.61	3.50	1.03
3. Sometimes it is hard for me to shut off thoughts about myself.	.17	.59	3.18	1.10
1. My attention is often focused on aspects of myself I wish I'd stop thinking about.	.10	.58	3.12	1.10

Note: Based on samples D and E combined, $N=1,137$. ¹Principal components extraction, oblique rotation via Direct

Oblimin method. ²Item response options were strongly disagree (1), disagree (2), neutral (3), agree (4), strongly agree

(5). Reverse-scored items indicated by (-). Factor loadings greater than $|.25|$ shown in boldface.

“Table 4”

Psychometric characteristics of RRQ scales

	Coeff. Alpha	Combined sample (N=1,137)			Females (N=687)		Males (N=447)	
		r_{ij}	Mn	SD	Mn	SD	Mn	SD
Reflection scale	.91	.48	3.14	0.76	3.17	0.76	3.09	0.76
Rumination scale	.90	.43	3.46	0.71	3.48	0.71	3.42	0.71

Note: Based on samples D and E combined. Total sample includes cases with missing gender information. r_{ij} =mean inter-item correlation. Scale means are expressed as mean item responses, based on a 5-place response format (see text).

Plain text list of items

My attention is often focused on aspects of myself I wish I'd stop thinking about.
I always seem to be "re-hashing" in my mind recent things I've said or done.
Sometimes it is hard for me to shut off thoughts about myself.
Long after an argument or disagreement is over with, my thoughts keep going back to what happened.
I tend to "ruminate" or dwell over things that happen to me for a really long time afterward.
I don't waste time re-thinking things that are over and done with.
Often I'm playing back over in my mind how I acted in a past situation.
I often find myself re-evaluating something I've done.
I never ruminate or dwell on myself for very long.
It is easy for me to put unwanted thoughts out of my mind.
I often reflect on episodes in my life that I should no longer concern myself with.
I spend a great deal of time thinking back over my embarrassing or disappointing moments.

Philosophical or abstract thinking doesn't appeal to me that much.
I'm not really a meditative type of person.
I love exploring my "inner" self.
My attitudes and feelings about things fascinate me.
I don't really care for introspective or self-reflective thinking.
I love analyzing why I do things.
People often say I'm a "deep", introspective type of person.
I don't care much for self-analysis.
I'm very self-inquisitive by nature.
I love to meditate on the nature and meaning of things.
I often love to look at my life in philosophical ways.
Contemplating myself isn't my idea of fun.