Mini-CERTS

Mini Cambridge-Exeter Repetitive Thought Scale (Mini-CERTS)

The Mini-CERTS is a short questionnaire measuring cognitive emotion regulation strategies, focusing mainly on rumination and control-oriented thinking. It allows a quick assessment of the prevalence of repetitive processing thoughts and the associated difficulties in managing emotions, particularly in the context of anxiety and depressive disorders.

Number of questions	12 questions
Estimated duration	5 minutes
Language	English
Original name	Mini Cambridge-Exeter Repetitive Thought Scale
Target audience	Adults
Authors	Adrian Wells (2009)
Category	Depression, Anxiety

Preview of the 12 questions

When thoughts about myself, my feelings, or situations and events I have experienced come to mind...

My thoughts are stuck in a rut, always returning to the same themes.

Almost never | Sometimes | Often | Almost always

When thoughts about myself, my feelings, or situations and events I have experienced come to mind...

I can understand and respond to changes intuitively, without having to analyze everything in detail.

Almost never | Sometimes | Often | Almost always

When thoughts about myself, my feelings, or situations and events I have experienced come to mind...

I compare myself to other people.

Almost never | Sometimes | Often | Almost always

When thoughts about myself, my feelings, or situations and events I have experienced come to mind...

I think in an open, free, and creative way.

Almost never | Sometimes | Often | Almost always

When thoughts about myself, my feelings, or situations and events I have experienced come to mind...

I judge myself according to my personal values and beliefs.

Almost never | Sometimes | Often | Almost always

Scoring & interpretation

Each item is rated on a 4- or 5-point Likert scale (often from 1 "Never" to 4 or 5 "Always"). Scores are summed or calculated by subdimension, distinguishing, for example, rumination from automatic control. Norms are available to interpret high scores as indicators of emotion regulation difficulties.