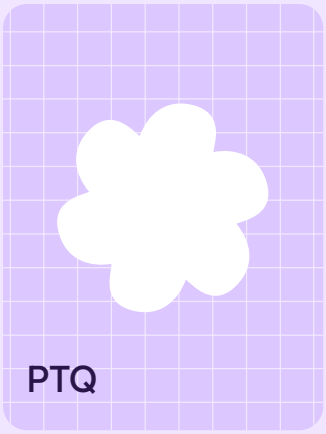



# Perseverative Thinking Questionnaire (PTQ)

The PTQ is a self-report questionnaire that measures the persistence of repetitive negative thinking across different forms of psychopathology, focusing on the generic aspects of the ruminative thinking style without being limited to a specific disorder. It assesses the frequency, intrusiveness, and uncontrollability of repetitive negative thoughts. The tool is relevant for research and clinical practice to identify a transdiagnostic cognitive style of rumination or worry.

| | |
|---|---|
| Number of questions | 15 questions |
| Estimated duration | 10 minutes |
| Language | English |
| Original name | Perseverative Thinking Questionnaire |
| Target audience | Adults |
| Authors | Ehring, Znoj, Kowalski, Weber (2011) |
| Category | General |

## Preview of the 15 questions

When you think about negative experiences or problems:

**The same thoughts keep going through my mind again and again.**

Never | Rarely | Sometimes | Often | Almost always

When you think about negative experiences or problems:

**Thoughts intrude into my mind.**

Never | Rarely | Sometimes | Often | Almost always

When you think about negative experiences or problems:

**I can't stop dwelling on them.**

Never | Rarely | Sometimes | Often | Almost always

When you think about negative experiences or problems:

I think about many problems without solving any of them.

Never | Rarely | Sometimes | Often | Almost always

When you think about negative experiences or problems:

I can't do anything else while thinking about my problems.

Never | Rarely | Sometimes | Often | Almost always

### Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

## Scoring & interpretation

Each item is rated on a 5-point Likert scale (0=never to 4=almost always). Scores are added up for each subscale as well as for the total score (possible range 0 to 60). A high score indicates a higher level of perseverative thinking, which may signal a psychopathological vulnerability.


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Julie V. - Online Psychologist