RRQ

Rumination-Reflection Questionnaire (RRQ)

The RRQ is a self-report questionnaire designed to measure two distinct dimensions of self-focused thinking: rumination (negative orientation, preoccupations) and reflection (contemplative reflection on oneself). It explores an individual's tendency to engage in self-reflective thoughts, either in a dysfunctional way (rumination) or in a more constructive way (reflection). This tool is commonly used in research in personality psychology and mental health.

Number of questions	24 questions
Estimated duration	8 minutes
Language	English
Original name	Rumination-Reflection Questionnaire
Target audience	Adults, adolescents
Authors	Paul D. Trapnell, Jennifer D. Campbell (2002)
Category	General

Scoring & interpretation

Respondents answer each statement on a 5-point Likert scale ranging from 'strongly disagree' to 'strongly agree'. The total score for each subscale (rumination and reflection) is obtained by adding up the corresponding responses, which provides a score for each of the two self-reflective thinking styles. High scores on the rumination subscale indicate a tendency toward preoccupation and repetitive negative thoughts, while high scores on reflection suggest an inclination to reflect in an introspective and adaptive way.