RRS

Ruminative Responses Scale (RRS)

The Ruminative Responses Scale (RRS) is a self-report tool that measures an individual's tendency to ruminate in response to distress or depression, that is, the propensity to focus on one's symptoms and their causes or consequences. It makes it possible to assess rumination as a vulnerability factor in mood disorders, particularly depression.

Number of questions	22 questions
Estimated duration	10 minutes
Language	English
Original name	Ruminative Responses Scale
Target audience	Adults
Authors	Susan Nolen-Hoeksema, J. Morrow (1991)
Category	Depression

Preview of the 22 questions

When you feel down, sad, or depressed:

Think about how alone you feel

Almost never | Sometimes | Often | Almost always

When you feel down, sad, or depressed:

Think "I won't be able to do my job if I don't snap out of this"

Almost never | Sometimes | Often | Almost always

When you feel down, sad, or depressed:

Think about your feelings of fatigue and achiness

Almost never | Sometimes | Often | Almost always

When you feel down, sad, or depressed:

Think about how hard it is to concentrate

Almost never | Sometimes | Often | Almost always

When you feel down, sad, or depressed:

Think "What am I doing to deserve this?"

Almost never | Sometimes | Often | Almost always

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Scoring & interpretation

Each item is rated on a Likert-type scale (1 = almost never, 4 = almost always). This yields a total rumination score, as well as two subscales, automatic rumination and reflective rumination, allowing the rumination profile to be interpreted. A high score indicates a strong tendency to ruminate.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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★★★★★

“Mentaal has truly simplified my online practice, thanks to automatic scoring and seamless questionnaire sending.”

Basile R. - Clinical Psychologist