

Dear Colleague,

Please find enclosed a copy of the Responses to Depression Questionnaire we have been using in much of our research on response styles for depression, and a coding key. This is the version of the questionnaire used in our study reported in the *Journal of Personality and Social Psychology*, 1991, vol. 61, pp. 115-121 and the study reported in the *Journal of Personality and Social Psychology*, 1994, Vol. 67, pp. 92-104. We report information on the reliability and predictive validity of the scales in those articles.

The coding key notes that the shorter version of the rumination scale is preferred over the longer version. This is because the longer version includes many more items that may be interpreted as “automatic negative thoughts,” thus making the scale longer and less different from other scales. The shorter rumination scale includes items tapping the key features of a ruminative response: focusing on one’s negative emotional state, and thinking repetitively about the causes and consequences of that state.

Also attached, as the last page of the enclosure, is the scale we used in a daily diary study of rumination and distraction in response to depressed mood, published in *Journal of Abnormal Psychology*, 1993, Vol. 102, pp. 20-28. The rumination items are indicated by an “R” and the distraction items are indicated by a “D”. The reliability and predictive validity of these scales are reported in the article.

Please send me copies of reports of all studies in which you use any of these scales. Good luck in your research.

Sincerely,

Susan Nolen-Hoeksema, Ph.D.
University of Michigan, Ann Arbor

Coding Guide for Response to Depression Questionnaire

Susan Nolen-Hoeksema, Ph.D.

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Rumination Scale:

Items 5, 6, 7, 8, 15, 18, 19, 21, 22, 25, 28, 30, 40, 43, 44, 46, 53, 56, 61, 67, 68, 70

Expanded Rumination Scale:

Items 5, 6, 7, 8, 10, 14, 15, 17, 18, 19, 21, 22, 25, 28, 30, 36, 37, 39, 40, 42, 43, 44, 46, 47, 48, 51, 53, 56, 61, 67, 68, 70

Distraction Scale:

Items 9, 12, 13, 16, 24, 27, 29, 31, 35, 45, 52

Problem-Solving Scale:

Items 1, 26, 32, 33

Dangerous Activities Scale:

Items 11, 41, 55, 57

Some items appearing on the questionnaire have not been included on any scale. The shorter version of the Rumination Scale is preferred over the Expanded Rumination Scale.

Responses to Depression

People think and do many different things when they feel depressed. Please read each of the items below and indicate whether you never, sometimes, often, or always think or do each one when you feel down, sad, or depressed. Please indicate what you *generally* do, not what you think you should do.

Almost Never	Sometimes	Often	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. ask someone to help you overcome a problem
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. write about your feelings in a diary or journal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. think of how someone (or some fictional character) you respect would deal with your current situation
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. think "I'm not going to think about how I feel"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. think about how alone you feel
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. think "I won't be able to do my job/work because I feel so badly"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. think about your feelings of fatigue and achiness
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. think about how hard it is to concentrate
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. try to find something positive in the situation or something you learned
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. think "People will see what I'm really like"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11. take recreational drugs or drink alcohol
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12. think "I'm going to do something to make myself feel better"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13. help someone else with something in order to distract yourself
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14. think "What am I doing to deserve this?"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15. think about how passive and unmotivated you feel
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16. remind yourself that these feelings won't last
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17. think "I am embarrassing my family/friends/mate"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	18. analyze recent events to try to understand why you are depressed
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19. think about how you don't seem to feel anything anymore
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20. daydream, fantasize, or think about good things
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	21. think "Why can't I get going?"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	22. think "Why do I always react this way?"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	23. watch TV to distract yourself
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	24. go to a favorite place to get your mind off your feelings
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25. go away by yourself and think about why you feel this way
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	26. talk it out with someone whose opinions you respect (i.e.

friend, family, clergy)
27. think "I'll concentrate on something other than how I feel"



Almost Never	Sometime	Often	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	28. write down what your are thinking about and analyze it
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29. do something that has made you feel better in the past
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30. think about a recent situation, wishing it would have gone better
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	31. think "I'm going to go out and have some fun"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	32. make a plan to overcome a problem
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	33. stay around people
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	34. think " I am ruining everything"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35. concentrate on your work
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	36. think "There must be something wrong with me or I wouldn't feel this way
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	37. think "I am disappointing my friends/family/mate"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	38. deny how you are feeling
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	39. think "I've ruined another school year/job/relationship"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	40. think "Why do I have problems other people don't have?"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	41. do something reckless or dangerous
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	42. think "Why can't I handle things better?"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	43. think about how sad you feel
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	44. think about all your shortcomings, failings, faults, mistakes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	45. do something you enjoy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	46. think about how you don't feel up to doing anything
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	47. think "I have no right to feel this way--I am really selfish"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	48. think "My friends are getting sick of me and my problems"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	49. call your therapist to talk about your feelings
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	50. decide to try to improve some area of your life
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	51. think "I am disappointing God"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	52. do something fun with a friend
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	53. analyze your personality to try to understand why you are depressed
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	54. go to sleep to escape how you feel
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	55. take your feelings out on someone else
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	56. go someplace alone to think about your feelings
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	57. deliberately do something to make yourself feel worse

58. eat
59. pray
60. read

Almost Never	Sometime	Often	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	61. think about how angry you are with yourself
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	62. think about how angry you are with someone else
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	63. think back to other times you have felt depressed
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	64. take prescription medications to make yourself feel better
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	65. think "I've got things under control"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	66. think "No one ants to be around me because of my mood"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	67. listen to sad music
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	68. isolate yourself and think about the reasons why you feel sad
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	69. think "I must really have serious problems or I wouldn't feel this way so often"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	70. try to understand yourself by focusing on your depressed feelings
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	71. Do something active to get your mind off of your feelings (i.e. jog/aerobics/exercise)

Time: _____ A.M. or P.M.

Part I: Did you feel sad or depressed in the past 24 hours? (circle one) YES NO
If answer is NO, skip to Part II. If answer is YES, complete the questions on this page.

A. Overall, how much of the past day were you sad or depressed? (circle one number)

0	1	2	3	4	5	6	7	8	9	10
A few minutes					A few hours					All of the day

B. In general, how sad or depressed did you feel? (circle one number)

0	1	2	3	4	5	6	7	8	9	10
Just a little sad/depressed					Moderately sad/depressed					Extremely sad/depressed

C. How did you respond to this mood? Place an "X" next to any of the descriptions below that match closely what you thought about or how you behaved in response to this mood. Check as many thoughts and/or behaviors as apply.

Thoughts:

- D I've got to get up and do something to make myself feel better.
- R Why do I always react this way?
- R There must be something wrong with me or I wouldn't feel this way.
- R Why can't I handle things better?
- D I've got things under control.
- R No one will want to be around me if I don't snap out of this mood.
- D These feelings won't last
- R Why can't I be satisfied with the way things are?
- R I think I must really have serious problems, otherwise I wouldn't feel this way.
- R I need to understand these feelings.
- D I won't think about how I feel, I'll just concentrate on what I have to do.
- D I'm only going to think about good things.
- R Why can't I get going?
- R Why do I have problems that other people don't seem to have?
- D I will get my mind on something else other than the way I feel.
- D I'm not going to think about how I feel.
- R I won't be able to concentrate if I keep feeling this way.
- D I've got to have some fun.

Behaviors:

- D Go to my favorite hangout to get my mind off my feelings.
- D Go to sleep to escape how I feel.
- R Go to my room alone to think about my feelings.
- D Do something fun with a friend.
- D Do something active to get my mind off my feelings (i.e. jog/aerobics/tennis).
- D Daydream, fantasize or think about good things.

- R Sit ant home and think about how I feel.
- R Listen to sad music.
- D Read something entertaining (i.e. magazine/book) to get my attention away from my mood.
- D Do something I enjoy.
- R Isolate myself and think about the reasons I'm feeling this way.
- R Write about my feelings (i.e. journal/diary/letter).
- R Talk to others about how I'm feeling
- D Watch T.V. to forget about how I feel.

Please turn to Part II.

Information on Short Response Styles Questionnaire

The 10 items on the Sort Response Styles Questionnaire were chosen from the 22 items on the original questionnaire. In a sample of 1,122 people ranging in age from 25 to 75 years of age, randomly chosen from the San Francisco Bay Community, these 10 items were chosen from the original 22 on the basis of the following guidelines:

1. at least 15 percent of the sample endorsed an answer other than “never” on each item.
2. these 10 items had the highest item-total correlations with the full-scale Response Styles Questionnaire and the Beck Depression Inventory.
3. the 10 items represented the various aspects of ruminative responses as described by the Nolen-Hoeksema (i.e., focus on emotions, focus on self-evaluations, focus on consequences of depressive symptoms, questions on reasons from being depressed).

In the sample of 1,122 adults described above, the 10-item version of the Response Styles Questionnaire had a coefficient alpha of .87. Scores on this measure correlated at $r=.54$ ($p<.001$) with Beck Depression Inventory Scores and at $r=.44$ ($p<.001$) with Hamilton Rating Scale for Depression Scores.

Responses to Situations

Instructions: People think and do many different things when they feel sad, blue, or depressed. Please read each of the items below and indicate whether you never, sometimes, often, or always think or do each one when you feel sad, down, or depressed. Please indicate what you generally do, not what you think you should do.

	never	sometimes	often	always
1. I think about how alone I feel	1	2	3	4
2. I think about my feelings of fatigue and achiness	1	2	3	4
3. I think about how hard it is to concentrate	1	2	3	4
4. I think about how passive and unmotivated I feel	1	2	3	4
5. I think "Why can't I get going?"	1	2	3	4
6. I think about a recent situation, wishing it had gone better	1	2	3	4
7. I think about how sad I feel	1	2	3	4
8. I think about all my shortcomings, failings, faults, and mistakes	1	2	3	4
9. I think about how I don't feel up to doing anything	1	2	3	4
10. I think "Why can't I handle things better?"	1	2	3	4