## rumination scale

1.) how frequently have you ruminated over this last week (or other agreed time period)?

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| not at all |  |  |  |  |  |  |  |  |  |  |
| all the time |  |  |  |  |  |  |  |  |  |  |

2.) how much has rumination interfered with performing your normal activities over this time period?

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 <br> not at all |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |  |  |
| very severely |  |  |  |  |  |  |  |  |  |  |

3.) how uncontrollable did your rumination seem to be over this time period?

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| not at all |  |  |  |  |  |  |  |  |  |  |
| completely |  |  |  |  |  |  |  |  |  |  |

4.) how much have you been distressed by your rumination over this time period?

010
20
30
40
50
60
70
80
$90 \quad 100$
not at all
very severely

