



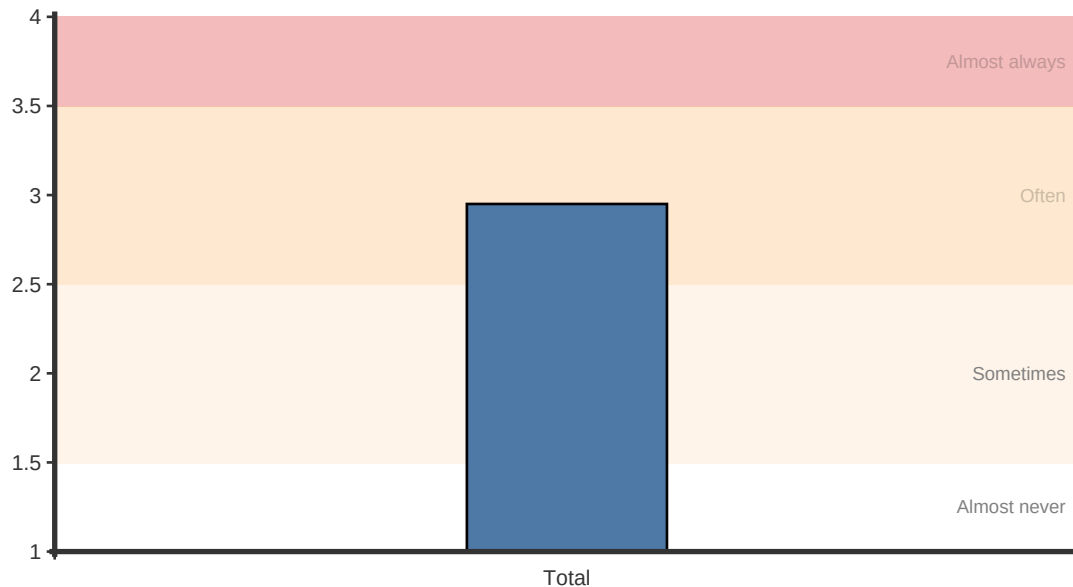
Ruminative Responses Scale (RRS)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	5 May 2026
<i>Date of birth (age)</i>	1 Jan 1999 (27)	<i>Time taken</i>	12s
<i>Assessor</i>	Dr Emerson Bartholomew		

Results

	Average Score (1-4)	Descriptor
Total	2.95	Often

RRS Average Total Score



Note: The Total Score is the sum of all 22 items. It includes the 10 Brooding and Reflection items plus 12 additional items that are not scored as part of the subscales.

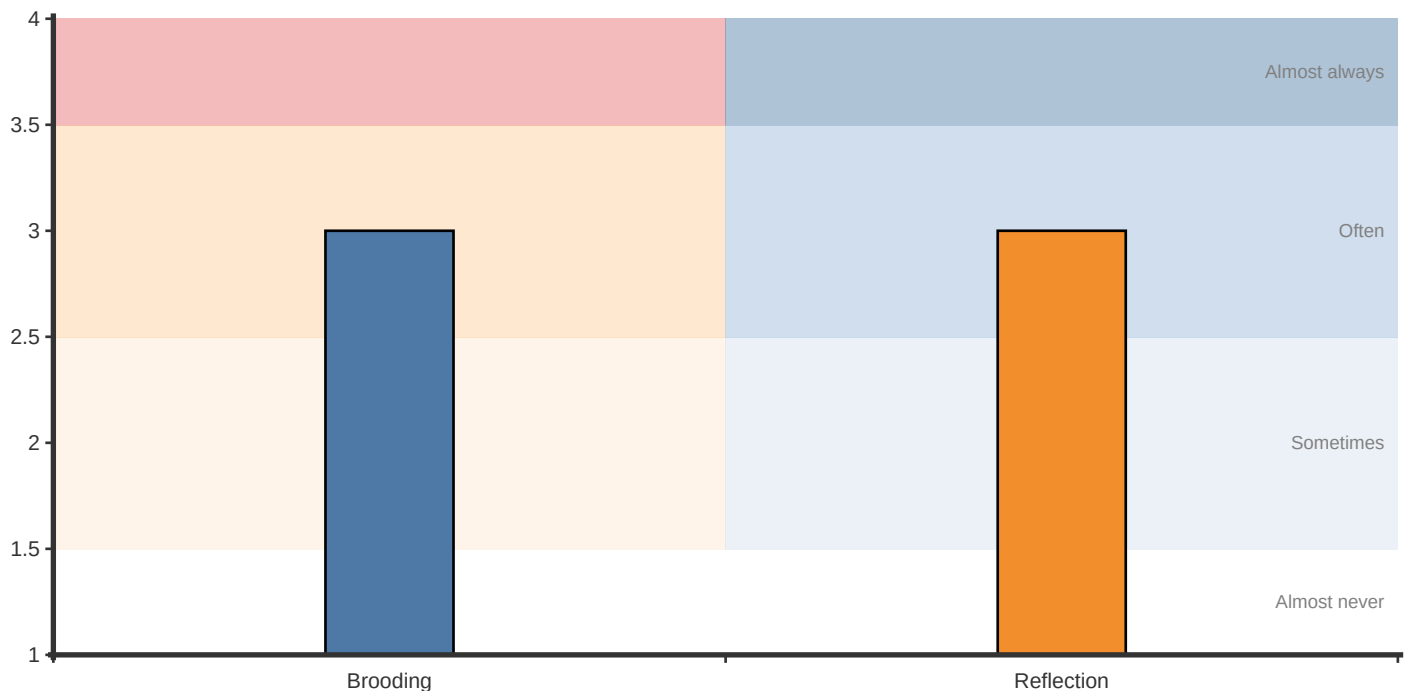


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Subscale Results

	Average Score (1-4)	Descriptor
Brooding	3.00	Often
Reflection	3.00	Often

RRS Average Subscale Scores



Interpretation

The Ruminative Responses Scale (RRS) was administered on 05 May 2026.

The respondent obtained an average score of 2.95 ('Often'), indicating that the respondent reports overall often engaging in ruminative responses when feeling down, sad, or depressed. The Brooding subscale score (3.00, 'Often') was equal to the Reflection subscale score (3.00, 'Often').

Total Score. A total in this range suggests rumination is a regular response to low mood and is likely to be worth targeting directly in treatment. Brooding, reflection, and the items that sit outside the subscales contributed about equally to the total. Of the items outside the subscales, these were most highly endorsed:

- 2. Think "I won't be able to do my job if I don't snap out of this" (Often)
- 3. Think about your feelings of fatigue and achiness (Often)
- 4. Think about how hard it is to concentrate (Often)

Brooding. Brooding reflects a passive focus on the gap between the respondent's current situation and how they wish things were. On average, the respondent reports frequently engaging in this form of rumination when feeling down, sad, or depressed. The following items



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were most highly endorsed:

- 5. *Think "What am I doing to deserve this?" (Often)*
- 10. *Think "Why do I always react this way?" (Often)*
- 13. *Think about a recent situation, wishing it had gone better (Often)*

Reflection. Reflection suggests a deliberate turning inward to analyse and understand feelings of low mood. On average, the respondent reports frequently engaging in this form of rumination when feeling down, sad, or depressed. The following items were most highly endorsed:

- 7. *Analyze recent events to try to understand why you are depressed (Often)*
- 11. *Go away by yourself and think about why you feel this way (Often)*
- 12. *Write down what you are thinking about and analyze it (Often)*

Scoring and Interpretation Information

RRS Scoring

The RRS total score is the sum of all 22 items and ranges from 22 to 88, with higher scores indicating more frequent rumination. Two subscales are scored:

Brooding (5 items; items 5, 10, 13, 15, 16; scores range from 5 to 20) captures moody pondering and passive negative comparison. Elevated scores identify the form of rumination most strongly associated with current and future depressive symptoms.

Reflection (5 items; items 7, 11, 12, 20, 21; scores range from 5 to 20) captures a deliberate, analytic turning inward to understand low mood. Unlike Brooding, it is not consistently linked to worse outcomes, but an elevated score should not be read as reassuring, since reflection is not reliably adaptive.

The remaining 12 items assess symptom-focused rumination and contribute to the total score only. The report also displays the average score for the total score and each subscale (the scale score divided by its number of items), which anchors the frequency descriptors below.

RRS Frequency Descriptors

The report applies a frequency descriptor to the average score for the total score and each subscale. The descriptors are derived from the scale's response anchors, which ask how frequently the respondent thinks or does each ruminative response (almost never, sometimes, often, almost always), so each descriptor states the respondent's typical reported frequency of rumination rather than a severity category.

1.00 to 1.49: Almost never. The respondent reports rarely engaging in these ruminative responses when feeling down.

1.50 to 2.49: Sometimes. The respondent reports occasionally engaging in these ruminative responses.

2.50 to 3.49: Often. The respondent reports frequently engaging in these ruminative responses, suggesting rumination is a regular feature of their response to low mood.

3.50 to 4.00: Almost always. The respondent reports engaging in these ruminative responses almost all of the time when feeling down, suggesting rumination is a habitual response style.

Interpreting the Subscale Profile



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Brooding and Reflection have the same number of items and the same score range, so they can be compared directly. When Brooding is the more elevated subscale, the client's rumination is dominated by passive negative comparison, the component that predicts the persistence and worsening of depressive symptoms; this pattern points to rumination itself as a treatment target. When Reflection is the more elevated subscale, the client's inward focus has a more deliberate, problem-solving character; this pattern is less concerning in the longer term, although reflection can slide into brooding when analysis becomes repetitive without resolution.

Reviewing the most highly endorsed items, particularly on the Brooding subscale, identifies the specific ruminative content a client returns to, which can seed cognitive and metacognitive work.

Using the Reflection Score

Reflection is best used as a pattern indicator rather than a severity score. The comparison between Brooding and Reflection carries the clinical signal, not either score by itself: a client high on Brooding with little Reflection is dwelling passively and self-critically, whereas a client high on both is working hard to analyse a low mood without that effort paying off, which points towards approaches targeting the process of rumination rather than its content. A high Reflection score should not be treated as credit against a high Brooding score; in people who are currently depressed, reflection often functions much as brooding does. Reflection also describes how a client is likely to engage with rumination-focused work rather than how unwell they are, so a high score usually means redirecting analytic effort rather than encouraging more of it. When tracking change, a fall in Brooding is the outcome to look for; a fall in Reflection is not in itself good news.

RRS Scores Over Time

When the RRS has been administered more than once, the report describes changes in the total and subscale scores since the first administration in plain descriptive terms. Rumination scores in untreated community samples reduce modestly on re-administration (Treynor et al., 2003), so small score decreases are best read as part of a trajectory across several administrations rather than as treatment effects in themselves.

RRS Graphs

On first administration, the report presents the total score in its own bar chart, followed by a second bar chart comparing the Brooding and Reflection subscale scores. All four frequency descriptor bands are labelled and shaded as a graded scale, with the lowest band left unshaded. When two or more administrations are available, the report adds line charts plotting the total and subscale scores across administrations, with the same band labelling and shading for reference. On the Reflection chart the bands take a neutral shade, because a higher Reflection score is not in itself an indicator of greater clinical concern.



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Client Responses

Brooding items

		Almost never	Sometimes	Often	Almost always
5	Think "What am I doing to deserve this?"	1	2	3	4
10	Think "Why do I always react this way?"	1	2	3	4
13	Think about a recent situation, wishing it had gone better	1	2	3	4
15	Think "Why do I have problems other people don't have?"	1	2	3	4
16	Think "Why can't I handle things better?"	1	2	3	4

Reflection items

		Almost never	Sometimes	Often	Almost always
7	Analyze recent events to try to understand why you are depressed	1	2	3	4
11	Go away by yourself and think about why you feel this way	1	2	3	4
12	Write down what you are thinking about and analyze it	1	2	3	4
20	Analyze your personality to try to understand why you are depressed	1	2	3	4
21	Go someplace alone to think about your feelings	1	2	3	4

Symptom-focused rumination items (contribute to the total score only)

		Almost never	Sometimes	Often	Almost always
1	Think about how alone you feel	1	2	3	4
2	Think "I won't be able to do my job if I don't snap out of this"	1	2	3	4
3	Think about your feelings of fatigue and achiness	1	2	3	4
4	Think about how hard it is to concentrate	1	2	3	4
6	Think about how passive and unmotivated you feel	1	2	3	4



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Client Responses (cont.)

		Almost never	Sometimes	Often	Almost always
8	Think about how you don't seem to feel anything anymore	1	2	3	4
9	Think "Why can't I get going?"	1	2	3	4
14	Think "I won't be able to concentrate if I keep feeling this way."	1	2	3	4
17	Think about how sad you feel	1	2	3	4
18	Think about all your shortcomings, failings, faults, mistakes	1	2	3	4
19	Think about how you don't feel up to doing anything	1	2	3	4
22	Think about how angry you are with yourself	1	2	3	4