



Ruminative Responses Scale (RRS)

Instructions:

People think and do many different things when they feel depressed. Please read each item and indicate whether you almost never, sometimes, often, or almost 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
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
5	Think "What am I doing to deserve this?"	1	2	3	4
6	Think about how passive and unmotivated you feel	1	2	3	4
7	Analyze recent events to try to understand why you are depressed	1	2	3	4
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
10	Think "Why do I always react this way?"	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
13	Think about a recent situation, wishing it had gone better	1	2	3	4
14	Think "I won't be able to concentrate if I keep feeling this way."	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



		Almost never	Sometimes	Often	Almost always
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
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
22	Think about how angry you are with yourself	1	2	3	4

Developer Reference:

Nolen-Hoeksema, S., & Morrow, J. (1991). A prospective study of depression and posttraumatic stress symptoms after a natural disaster: The 1989 Loma Prieta earthquake. *Journal of Personality and Social Psychology*, 61(1), 115-121. <https://doi.org/10.1037/0022-3514.61.1.115>

[Administer Online](#)



NovoPsych

Psychometric Scales and AI Scribe for **Mental Health Practitioners** in One Platform



Assessment powered by

NovoPsych

- ✓ Access to Over 150 Assessments
- ✓ Instant Scoring and Metrics
- ✓ Graph Symptoms Over Time



NovoNote

by NovoPsych

- ✓ AI-Generated Progress Notes
- ✓ One-Click Session Notes
- ✓ Secure Data Storage

Activate Free Trial

Trusted by 75000+ Mental Health Professionals