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

 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?

0 10 20 30 40 50 60 70 80 90 100 not at all