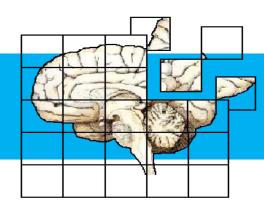


# Rumination, Emotional Intensity and Emotional Clarity



## Liel Shlomit Lask, Natali Moyal & Avishai Henik

Department of Psychology, Ben-Gurion University of the Negev, Beer-Sheva, Israel

#### INTRODUCTION

- ➤ Rumination involves repetitive negative thinking and passively focusing on symptoms of distress and on the possible causes and consequences of these symptoms (Cohen et al., 2015; Nolen-Hoeksema et al., 2008).
- ➤ High tendency to ruminate presents deficient emotion regulation that has a strong association with psychopathology (Aldao et al., 2010).
- ➤ People with high tendency to ruminate show sustained attention for negative stimuli (Donaldson et al., 2007) and increased negative thinking (Lyubomirsky & Nolen-Hoeksema, 1995), which may result in intensified experiences of negative emotions.
- ➤ High tendency to ruminate was associated with low emotional clarity (Salguero et al., 2013).

#### **HYPOTHESES**

- > (1) High ruminators (HR) experience more intense emotional reactions than low ruminators (LR) for negative but not positive emotions.
- >(2) LR have higher emotional clarity than HR.

### METHOD

165 participants completed:

- short demographic questionnaire.
- > Rumination Response Style Questionnaire (RRS) (Nolen-Hoeksema & Morrow, 1991).
- ➤ Beck Depression Inventory-II (**BDI-II**) (Beck et al., 1996).
- ➤ Emotion Recognition Test (ERT) (Moyal & Henik, 2021).
- ➤ The highest (HR) and lowest (LR) quarters of ruminators were compared on level of emotional intensity (EI) and emotional type (ET).

## **TABLE 1**

Mean Rumination Response Style (RRS) Score by Quarters.

	R1	R2	R3	R4
Mean RRS	35.44 (4.07)	44.33 (2.40)	53.59 (2.44)	65.78 (6.17)
n	11	40	44	44

Notes: N = 165, R1 = lower quarter of ruminators, <math>R2 = second quarter, R3 = third quarter, R4 = upper quarter, standard deviation in parentheses.

## **TABLE 2**

Characteristics of the Study Sample.

Measures	M (SD)	Range of response	
RRS Total	50.6 (16.12)	26-80	
Positive EI	5.06 (1.23)	1.63-8.18	
Negative EI	6.44(1.19)	2.72-8.63	
Total EI	5.75 (1.06)	3.08-8.29	
Positive ET	6.57(1.35)	2.25-9.25	
Negative ET	6.38 (1.18)	3.25-9	
Total ET	6.47 (1.08)	2.75-8.13	
BDI-II Total (depressive symptoms)	8.52 (8.77)	0-36	

Notes: EI = emotional intensity, ET = emotional type, RRS = Rumination Response

Style, BDI = Beck Depression Inventory, N = 82

#### **ERT**

## Emotional Type (ET) Please choose the emotion that

the picture triggers



80 emotional pictures (10 for each category) were presented randomly, in two separated blocks.
4 positive emotional categories: happiness, love, peacefulness, pride.
4 negative emotional categories: anger, disgust, fear, sadness.

Emotional Intensity (EI)
Please rate the emotional intensity that



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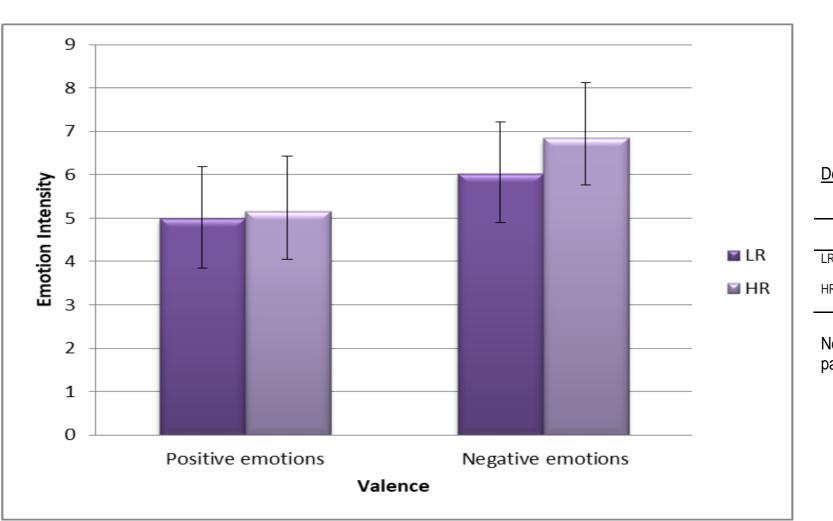
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#### RESULTS

> 10 neutral pictures were added to the

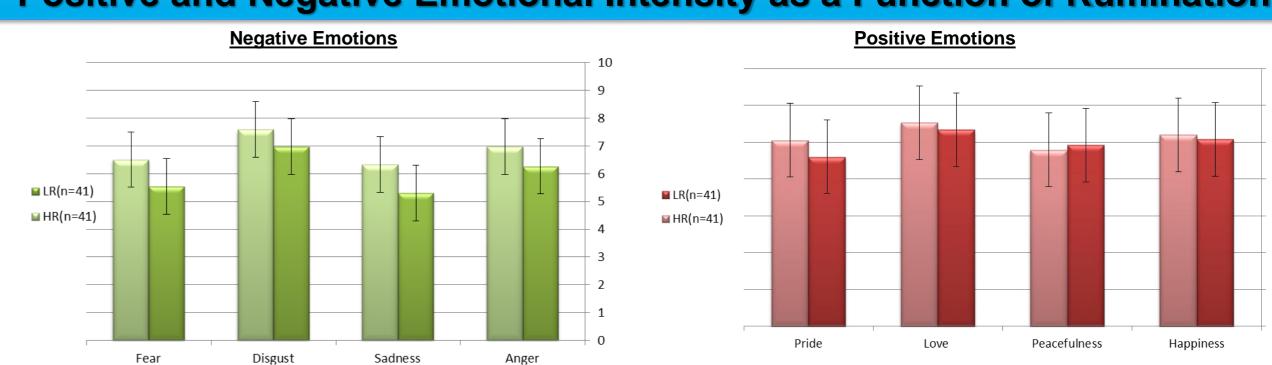
- ➤ HR experienced negative emotions more intensely than LR, with no difference in positive emotions—a pattern not modulated by level of depressive tendency.
- In contrast to our hypothesis, the two groups did not differ in their emotion understanding/clarity.

## **Emotional Intensity as a Function of Rumination**



Descriptive Statistics of Emotional Intensity.Positive emotionNegative emotionLR (n = 41)4.99 (1.19)6.03 (1.14)HR (n = 41)5.15 (1.28)6.85 (1.09)Notes: LR = low ruminators, HR = high ruminators, standard deviation parentheses, N = 82.

## Positive and Negative Emotional Intensity as a Function of Rumination



## **GENERAL DISCUSSION**

- > Our results suggest inhibitory deficits associated with rumination may result in higher negative rating of intensity.
- > Our research sheds light on the mechanism underlying rumination and emotion.

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E-mail for correspondence: lielshlo@bgu.post.ac.il