The present study sought to replicate and extend the previous research. Studies using the brooding and pondering solution (RSQ; Nolen-Hoeksema & Morrow, 1991) have been associated with the unequal prevalence rates of depression between men and women (Nolen-Hoeksema, 1987), and the onset (Just & Alloy, 1997), deteriorating course (Kuhter & Wolber, 1990), confirmatory (Nolen-Hoeksema, 2000), and duration of depression mood (Just & Alloy, 1997; Nolen-Hoeksema, Morrow, & Fredrickson, 1993). Despite these findings, research into depressive rumination frequently generates mixed results.

**METHODS**

The study used a two-factor solution of brooding and pondering to evaluate the measurement of depressive rumination. The response styles theory (Nolen-Hoeksema, 1987) posits that the way in which people respond to their depressive symptoms or engage in depressive rumination determines both the severity and duration of such depressive symptoms. Recent research however, has criticized the RSQ for not capturing the full range of depressive symptoms. The brooding and pondering solution was recently addressed by Fresco, Gonzalez, and Nolen-Hoeksema (2003) and Fresco et al. (2003). The present study sought to replicate and extend the utility of the brooding and pondering solution by evaluating the factor structure of the RSQ in a sample of currently and previously depressed adults.

**RESULTS**

Fresco et al. (2004) brooding and pondering solution was submitted to confirmatory factor analysis. The two-factor model demonstrated an excellent fit to the data ($\chi^2(28) = 32.87$, ns; $CFI = .96$; $TLI = .94$, $RMSEA = .06$), the same psychometric concerns for the pondering factor were also evident. Consequently, subsequent analysis only considered the brooding factor. Brooding demonstrated strong associations to self-report ($r = .66$) and clinician-assessed ($r = .34$) depression even though the items comprising the factor contain no overt depression content.

**DISCUSSION**

The present study supports the brooding and pondering factor solution of the RSQ, first proposed by Fresco et al. (2003) and extends the generalizability of that solution to a clinical sample. The most important methodological enhancement of the brooding and pondering solution over earlier factor solutions is the lack of affective or symptom content in the items—thereby addressing a limitation of tautology with the measurement of depression. Even after eliminating items contaminated by affective content, brooding demonstrated a strong relationship to worry, depression, and anxiety whereas pondering was relatively unrelated to worry, depression, and anxiety.

The current results suggest that the brooding construct is robust and may serve as a general risk factor for several types of psychopathology including worry, depression, and anxiety. However, the factor structure of the pondering construct is more questionable owing to poor internal consistency and its contribution to our understanding of worry, depression, and anxiety is less clear.

The present study provides an initial psychometric refinement of the measurement of depressive rumination, but many important questions remain unanswered—most notably the issue of consistency over time. One major criticism of the original RSQ was the lack of stability over time of a measure that theoretically assesses a dispositional consistency over time. As scales such as brooding and pondering that are ostensibly free of depression content, there may be a greater chance of demonstrating stability over time. Answers to this question await future research utilizing a longitudinal design.