



Rumination—relationship with negative mood and sleep quality

Dorthe Kirkegaard Thomsen*, Mimi Yung Mehlsen, Søren Christensen,
Robert Zachariae

Psychooncology Research Unit, Aarhus University Hospital, Barthsgade 5, 3rd, DK8200 Aarhus N, Denmark

Received 22 June 2001; received in revised form 15 April 2002; accepted 21 April 2002

Abstract

Rumination is related to depression as well as to anxiety and anger. However, since these negative emotions are interrelated, it is not known whether rumination is independently related to each of these emotions. Previous studies have suggested an association between rumination and poor sleep quality or sleep disturbances, and between negative emotions and sleep disturbances. However, since rumination and negative emotions are linked, it is difficult to know if both negative emotions and rumination are associated with sleep quality. The purposes of this study were to investigate how rumination is related to different negative moods and whether rumination and negative mood may be independently associated with subjective sleep quality at a non-clinical level. Subjects were 126 students, who completed questionnaires measuring rumination, mood and sleep quality. The results showed that rumination was independently associated with angry and depressive mood. There were significant associations between rumination, negative mood and subjective sleep quality. Rumination was found to be significantly associated with subjective sleep quality even after controlling for negative mood. © 2002 Elsevier Science Ltd. All rights reserved.

Keywords: Anxious; Depressive; Angry; Mood; Rumination; Sleep quality

1. Introduction

1.1. Rumination and negative mood

Rumination has been defined as “passively and repetitively focusing on one’s symptoms of distress and the circumstances surrounding those symptoms” (Nolen-Hoeksema, McBride, &

* Corresponding author. Tel.: +45-89-49-36-66; fax: +45-89-49-36-60.

E-mail address: dotho@akh.aaa.dk (D. Kirkegaard Thomsen).

Larson, 1997). However, Martin and Tesser (1996) have suggested a more broad definition of rumination as repetitive thoughts arising without direct cuing in response to an interruption of subjective goals. Considering that ruminators report believing that rumination may help give insight and solve problems (Watkins & Baracaia, 2001) and self-reported ruminative thoughts encompass personal problems (Lyubomirsky, Tucker, Caldwell, & Berg, 1999), the strong focus on symptoms of distress might not be representative of ruminative thoughts in general. Thus rumination could be conceived as repetitive thoughts focusing on problematic situations or events as well as the emotions and symptoms these evoke and the possible consequences.

Rumination has often been investigated in relation to depressive mood, and results from several studies have indicated that rumination may influence the severity and durability of depressed mood (Morrow, 1991; Needles, 1993; Nolen-Hoeksema, Morrow, & Fredrickson, 1993). Rumination has thus been shown to predict the severity and durability of depressed mood in recently bereaved adults (Nolen-Hoeksema, Parker, & Larson, 1994; Nolen-Hoeksema et al., 1997) and the number of depressive symptoms in response to an earthquake (Nolen-Hoeksema & Morrow, 1991). Rumination may also be related to other negative emotions, e.g. anxiety (Blagden & Craske, 1996; Davey, 1995; Mellings & Alden, 2000; Nolen-Hoeksema, 2000; Roger & Najarian, 1989) and anger (Rusting & Nolen-Hoeksema, 1998) or aggression (Caprara, Gargaro, Pastorelli, Prezza, Renzi, & Zelli, 1987; Roger & Najarian, 1989). This could indicate that rumination is a process which is related to several different negative emotions. One theory, which can account for this, is the associative networks theory according to which “emotions impose a fundamental organizational structure on information stored in semantic network in memory. Each emotion is conceptualised as a central organizing node that links together causally related information” (Rusting & Nolen-Hoeksema, 1998). When an emotion is evoked, associated information will be activated and thus prolong or amplify the emotion. However, associative networks theory could suggest several pathways between rumination and negative mood.

1. First, rumination could be expected to enhance spreading of activation in each different emotional node, thus increasing the emotion irrespective of which node is activated. Most other studies implicitly embrace this possibility since the interrelationship between different negative emotions is seldom addressed.
2. A second possibility is that rumination affects a general “negative emotional node”. Studies often find correlations between different negative emotions like depression, anger and anxiety, and it is not clear from previous studies whether rumination is related to a common component of negative emotions or if it is related to specific components of each negative emotion.
3. A third possibility is that rumination is only associated with one of these negative emotions, for example depression, and the relation between rumination and anger and anxiety can be explained by their relation to depression. Thus rumination activates only one of the emotional nodes and this activation then spreads to related emotional nodes.

Each of these different possibilities can be accommodated by the associative network theory. However, it is important both in order to investigate emotional organisation in memory as well as to illuminate the processes through which rumination influences emotions to investigate the relationship between rumination and several negative emotions simultaneously. As far as we

متن کامل مقاله

دریافت فوری ←

ISIArticles

مرجع مقالات تخصصی ایران

- ✓ امکان دانلود نسخه تمام متن مقالات انگلیسی
- ✓ امکان دانلود نسخه ترجمه شده مقالات
- ✓ پذیرش سفارش ترجمه تخصصی
- ✓ امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
- ✓ امکان دانلود رایگان ۲ صفحه اول هر مقاله
- ✓ امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
- ✓ دانلود فوری مقاله پس از پرداخت آنلاین
- ✓ پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات