

Work-Related Rumination Questionnaire (WRRQ)

The following questions relate to your time after work. Please tick the number that applies to you.

		Very seldom/ Never	Seldom	Sometimes	Often	Very often/ always
1	Do you become tense when you think about work related issues in your free time?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
2	I find solutions to work-related problems in my free time.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
3	I make myself switch off from work as soon as I leave.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
4	In my free time I find myself re-evaluating something I have done at work.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
5	Are you troubled by work-related issues when not at work?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
6	Do you feel unable to switch off from work?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
7	Do you become fatigued by thinking about work-related issues during your free time?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
8	After work I tend to think of how I can improve my work-related performance.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
9	Are you irritated by work issues when not at work?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
10	I am able to stop thinking about work-related issues in my free time.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
11	I find thinking about work during my free time helps me to be creative.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
12	Do you leave work issues behind when you leave work?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
13	Do you think about tasks that need to be done at work the next day?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
14	Do you find it easy to unwind after work?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
15	Are you annoyed by thinking about work-related issues when not at work?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

Work-Related Rumination Questionnaire (WRRQ) Scoring Instructions

The WRRQ has three sub-scales, Affective Rumination, Problem-Solving Pondering, and Detachment. Each of the three sub-scales contains five items. Add up the scores for each sub-scale and do not aggregate across the scales. You can create a mean score of each scale if you wish. The sub-scales should be treated as three separate factors.

Affective Rumination = items: 1, 5, 7, 9, & 15.

Problem solving pondering = items: 2, 4, 8, 11, & 13.

Detachment = items: 3, 6 (reversed), 10, 12, & 14.

Cropley, M., Michalianou, G., Pravettoni, G., & Millward, L.J. (2012). The relation of post work ruminative thinking with eating behaviour. *Stress and Health*, 28, 23-30. <https://doi.org/10.1002/smi.1397>