

How Much do You Ruminates? (The Non-Productive Thoughts Questionnaire for Children, NPDK)

Instructions

Non-productive thoughts can elicit unpleasant emotions – the replaying of unpleasant memories and the unpleasant emotions that accompany them is known as rumination, and can lead to lower levels of happiness and psychological well-being. This measure of such non-productive thoughts for children was initially developed by Dutch researchers, and has been translated to both English and Farsi. For each item, mark whether you experience such non-productive thoughts and tendencies as either ‘not true,’ ‘sometimes true’ or ‘true.’

	Not true	Sometimes true	True
1. I am often worried			
2. When I have a problem. I often think “why me?”			
3. It is difficult to forget bad things.			
4. Problems never worry me. I just solve them.			
5. When I have a problem, I can’t stop thinking about it.			
6. When I make a mistake, I am worried about what might happen.			
7. When I have a problem, I think about it all the time.			
8. When I try to deal with a problem, I am worried that I will only make it worse.			
9. When I have a problem, I often think about how bad it is.			
10. When I don’t know exactly what is happening, I usually think about bad things that will happen.			

Scoring

Not true = 0, Sometimes True = 1, True = 2

Total non-productive thoughts score = Average of all 10 items

Reverse Scoring

Item 4 is reverse scored.

Interpretation

The mean score is 0.75, with a standard deviation of 0.44 from a sample of more than 700 Dutch children. Scores higher than 0.75 (usually one standard deviation higher = $0.75 + 0.44 = 1.19$ suggest a higher-than-average tendency to engage in non-productive thoughts). Scores lower than 0.75 (usually one standard deviation lower = $0.75 - 0.44 = 0.31$ suggest a lower-than-average tendency to engage in non-productive thoughts).

Reference

- Rieffe, C., Meerum Terwogt, M., Petrides, K.V., Cowan, C., Miers, A.C., Tolland, A. (2007). Psychometric properties of the Emotion Awareness Questionnaire for children. *Personality and Individual Differences*, 43, 95-105.
- Jellesma, F. C., Terwogt, M. M., Reijntjes, A. H., Rieffe, C. J., & Stegge, H. (2005). De vragenlijst Non-Productieve Denkprocessen voor Kinderen (NPDK). *Kind en Adolescent*, 26(4), 171.