How Much do You Ruminate? (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 bother English and Farsi. For each item, mark whether you experience such non-productive thoughts and tendencies as either ‘not true,’ ‘sometimes true’ or ‘true.’

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

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