

Rumination, Depression, and Decision-making among Young Adults: A Network Analysis

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Introduction

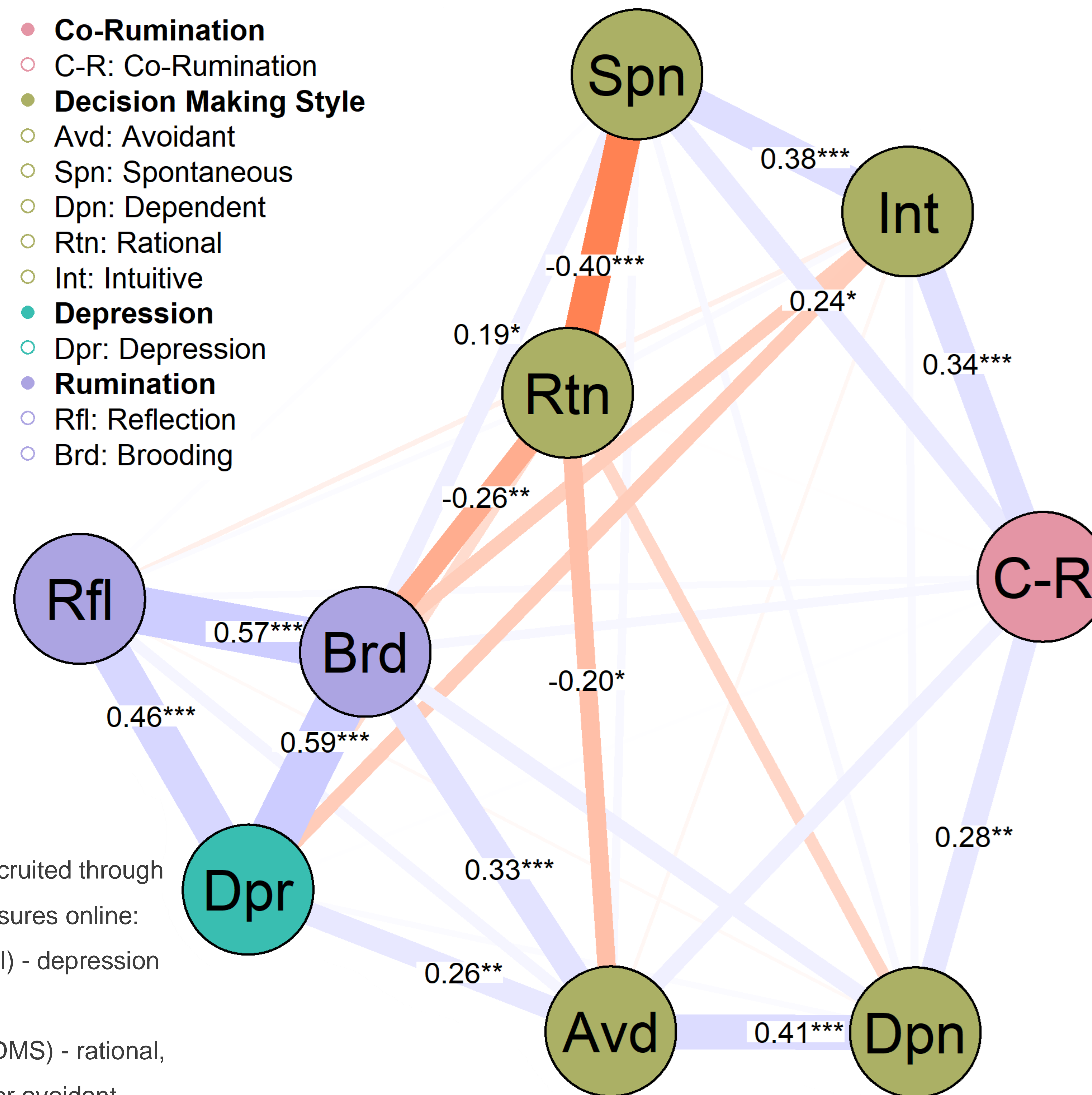
- Depression is a complex spectrum of cognitive and emotional symptom combinations.
- Network Analysis is used to explore the structure of psychopathology. This analysis maps the interplay of rumination, depression, and decision-making styles.
- **We proposed that rumination and co-rumination will load as bridge nodes, such that decision-making is related to depression through rumination and co-rumination.**

Methods

A sample of 110 USF Students were recruited through Sona and completed the following measures online:

1. Beck-Depression Inventory-II (BDI-II) - depression symptom severity
2. General Decision-Making Scale (GDMS) - rational, spontaneous, dependent, intuitive, or avoidant decision-making style
3. Ruminative Response Scale (RRS) - measures repetitive and passive self-focused thoughts on one's negative feelings, events, and their causes.
4. Co-rumination questionnaire (CRQ) - extent of repetitive, problem-focused talk with close friends

- **Co-Rumination**
- C-R: Co-Rumination
- **Decision Making Style**
- Avd: Avoidant
- Spn: Spontaneous
- Dpn: Dependent
- Rtn: Rational
- Int: Intuitive
- **Depression**
- Dpr: Depression
- **Rumination**
- Rfl: Reflection
- Brd: Brooding



Network Analysis & Results

- The 9 nodes are the measures we collected and their subscales.
- The 36 edges are Pearson correlations. 11 of them show significant positive relationships, and 3 reveal significant negative relationships.
- Brooding has a strength of 2.37.
- Brooding rumination and avoidant decision-making have the highest betweenness scores at 8 and 6.
- Brooding and depression have the highest expected influence of 1.53 and 1.23.
- Rational has an expected influence of -1.00,

Discussion

- Brooding loaded has the strongest cumulative strength in correlations, and it's a frequent bridge node connecting depression to 5 decision-making styles with 3 significant correlations (Spn, Rtn, Avd) and a p-value of 0.06 for Dpn. This shows that brooding may activate depression and has the greatest influence in network activation.
- Avoidant decision-making is another common bridge linking nodes to brooding and depression.
- Rational decision-making is the most influential in deactivating the network.
- Dependent decision-making may act as a bridge between co-rumination and avoidant decision-making.
- Co-rumination is not a bridge node to depression, implying that co-rumination is less associated with adverse outcomes of depression. Previous research has found that co-rumination can yield some beneficial trade-offs (Mackenzie et al., 2023).

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