

# Rumination and Decision-Making

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Rumination is a style of thought characterized by recurrent and prolonged thinking about an self, feelings, and experiences.

Rumination leads to prolonged and more severe episodes of major depression by magnifying and worsening existing negative mood states. It also impairs problem-solving ability (Watkins & Roberts, 2020).

Identifying how rumination may influence problem-solving may offer ways to improve maladaptive problem-solving strategies.

Decision-making style is a factor that influences problem solving and is defined as a learned, habitual response pattern when confronted with a decision. We measured five types of decision-making styles:

**Rational:** characterized by a thorough search for and logical evaluation of alternatives

**Spontaneous:**