



DEPARTMENT OF PSYCHOLOGY
DOCTORATE IN CLINICAL AND COMMUNITY PSYCHOLOGY

MAJOR RESEARCH PROJECT

&

LITERATURE REVIEW

**Effects of Rumination on Problem-Solving, Mood and Confidence in Post-natal
Dysphoria**

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Supervisor: Dr Heather O'Mahen

**Submitted in partial fulfilment of requirements for the Doctorate Degree in Clinical and
Community Psychology**



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Abstract

Previous studies have sought to investigate the effects of rumination and distraction on social problem-solving, mood and confidence of dysphoric and depressed individuals. The current study is aimed at extending this literature by examining the effects of rumination on parental problem-solving, mood and problem-solving confidence among dysphoric post-natal women. Fifty-nine post-natal women took part in the study and were allocated to either the dysphoric or control group based upon the Edinburgh Post-natal Depression Scale (Cox, Holden & Sagovsky, 1987). Women were asked to complete measures of mood, confidence and four problem-solving tasks following a rumination or distraction mood induction. Results indicated that dysphoric post-natal women induced to ruminate showed poorer problem-solving and lower mood than dysphoric women induced to distract and non-dysphoric women induced to distract or ruminate. No significant differences were seen in reported confidence levels for dysphoric post-natal women induced to ruminate than dysphoric women induced to distract and non-dysphoric women induced to distract or ruminate. Consideration is given to the clinical implications of these findings as well as the limitations and possibilities for future research.

Keywords: Rumination; Distraction; Post-natal; Problem-solving; Confidence; Mood.