

# Co-rumination Across Modalities of Communication Predicts Depression and Friendship Quality

Ashley M Battaglini, MA, Katerina Rnic, PhD, Alison Tracy, MA, Ellen Jopling, MA, & Joelle LeMoult, PhD

## INTRODUCTION

**Co-rumination** is characterized as dwelling on negative feelings and problems in the context of a dyadic interaction (Rose, 2002)

Past research shows that in-person **co-rumination predicts:**

-  Depression symptoms
-  Friendship quality

Extending past research, we examined:

- In-person & digital modalities of co-rumination
- Co-rumination during a naturalistic stressor

## HYPOTHESES

Co-rumination across domains will be associated with increases in (1) depression symptoms and (2) friendship quality across a stressful life transition

## METHOD

### Sample

- $n = 109$  recruited from the lower mainland of British Columbia, Canada
- $M_{age} = 12.83$  years ( $SD = 0.39$ )
- Gender: 51 girls, 56 boys, 1 non-binary, 1 unreported
- Racial identity: 62% European-Canadian, 21% Asian, 7% Asian-Canadian, 3% Latin American, 3% Indigenous-European, 1% Asian-Latin American, 3% unreported or prefer not to answer.

### Procedure

- Participants completed surveys at 6 timepoints across the transition to high school

### Measures

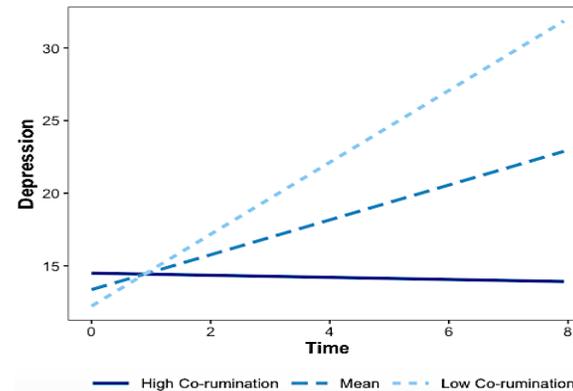
- Co-rumination through in-person, text, phone, social media (adapted version of the CRQ; Rose, 2002)
- Depressive symptoms (CES-DC; Weissman et al., 1980), friendship quality (FQQ; Parker & Asher, 1993)

### Analyses

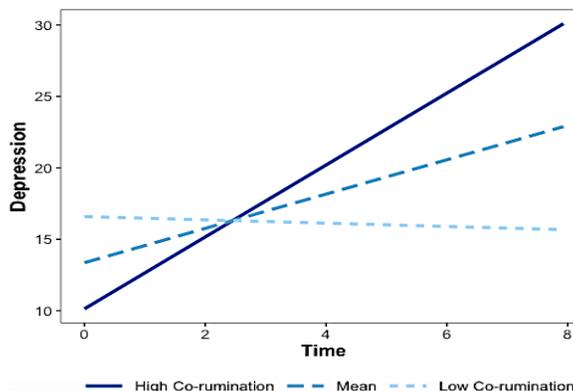
- Multilevel Modeling (MLM)

## RESULTS (HYPOTHESIS 1)

Less co-rumination over **text** predicted greater depression symptoms over time

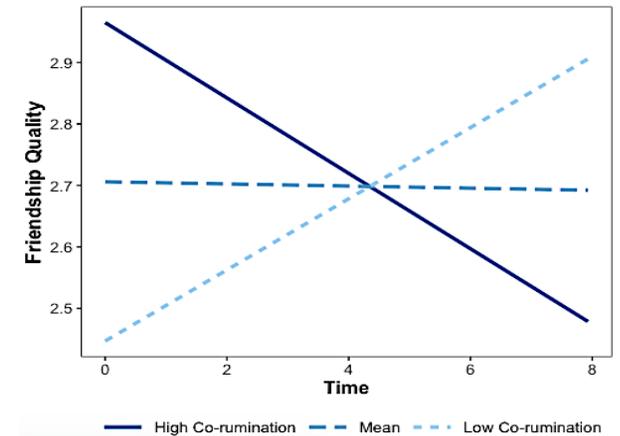


Greater co-rumination via **phone** predicted greater depression symptoms over time



## RESULTS (HYPOTHESIS 2)

Greater **in-person** co-rumination was associated with greater friendship quality concurrently at baseline, but was associated with decreases in friendship quality over time



## DISCUSSION

### Implications & Future research

- Differential effects of co-rumination via text versus phone may inform future research investigating mechanisms through which co-rumination may be harmful versus helpful
- To our knowledge, no study has examined the association between co-rumination and friendship quality over one year
- This timeframe may help us to distinguish the concurrent versus longitudinal association between co-rumination and friendship quality