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

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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-D; Weissman et al., 1980), friendship quality (FQQ; Parker & Asher, 1993)

Analyses
- Multilevel Modeling (MLM)

RESULTS (HYPOTHESIS 1)

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