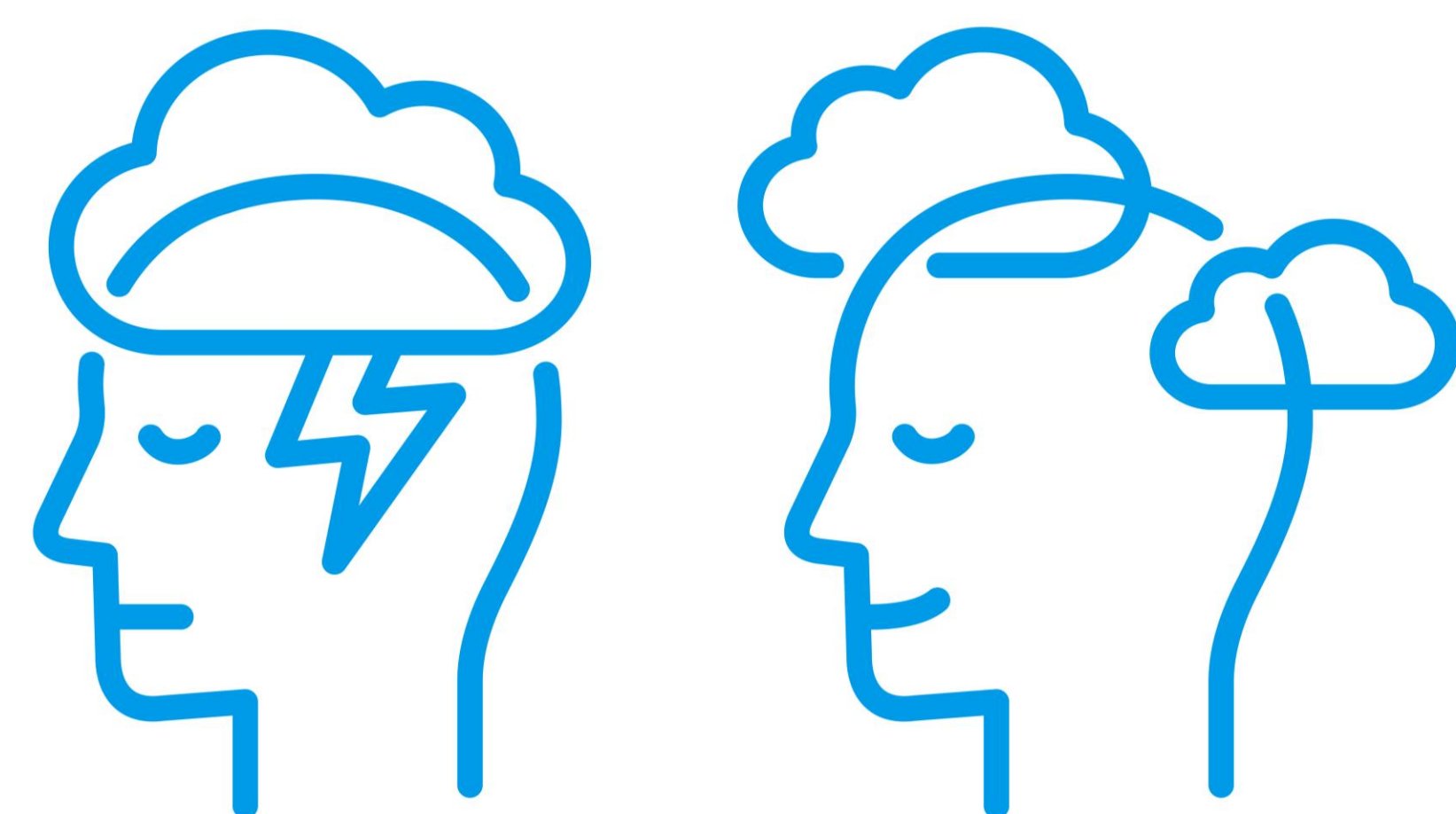


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BACKGROUND

- ❖ Co-rumination is an interpersonal process that has been linked to a number of negative psychological outcomes during early adolescence, such as increased risk for anxiety (Dirghangi et al., 2015).
- ❖ However, little is known about the potential intrapersonal factors that may attenuate this maladaptive relationship.
- ❖ Given that cross-sectional research has identified negative concurrent associations between anxiety and mindfulness during adolescence (Keng & Liew, 2017), it is possible that mindfulness may moderate the association between co-rumination and anxiety among adolescents.



OBJECTIVE

Primary Objective: To examine the potential moderating role of mindfulness on the longitudinal association between co-rumination and anxiety during early adolescence.

METHODS

Participants:

- ❖ 684 early adolescents from public middle schools located in the Northeast region of the United States
- ❖ 51% female
- ❖ Age: M = 12.73, SD = 0.68, Range = 11-15 years
- ❖ 53% Non-Hispanic White, 19% Hispanic or Latinx, 6% Black or African American, 4% Asian, 17% multi-racial/ethnic, and 1% other

Procedure:

- ❖ Self-report questionnaires were administered twice to students during school, separated by a 6-month interval between Fall of 2016 (T1) and Spring of 2017 (T2).
- ❖ Students received a \$10 movie pass as an incentive for completing the survey at each time point.

This research was supported by The Alvord Foundation. To obtain a copy of this poster, please visit: <https://pandaresearchproject.org>

METHODS

Measures:

The following validated self-report measures were administered at T1 and T2:

Construct	Measure	Scales
Co-Rumination	Co-Rumination Questionnaire; Short Version (CRQ-S)	Assesses the extent to which adolescents typically co-ruminate with same-sex friends ($\alpha = .92$)
Mindfulness	Child Acceptance and Mindfulness Measure (CAMM)	Assesses adolescents' tendency to engage in mindfulness skills ($\alpha = .90-.91$)
Anxiety	Screen for Childhood Anxiety Related Disorder (SCARED)	Measures anxiety symptoms over the past three months (SCARED) total score ($\alpha = .88-.89$)

Analytic Plan:

- ❖ Hierarchical Linear Regression Model
 - ❖ Independent Variable: Co-Rumination (T1)
 - ❖ Moderator: Mindfulness (T1)
 - ❖ Dependent Variable: Anxiety (T2)
 - ❖ Covariates: Age (T1) and Anxiety (T1)

RESULTS

Table 1. Summary of Hierarchical Regression Analysis for Variables Predicting Boys Anxiety Symptoms (T2)

Variable	B	SE B	β
Step 1			
Baseline Anxiety	11.33	0.99	0.58***
Age	-0.13	0.76	-0.01
Co-Rumination (CRQ-S)	0.04	0.81	0.01
Mindfulness (CAMM)	-2.26	0.88	-0.13**
Step 2			
CRQ-S x CAMM	3.57	0.75	0.22***

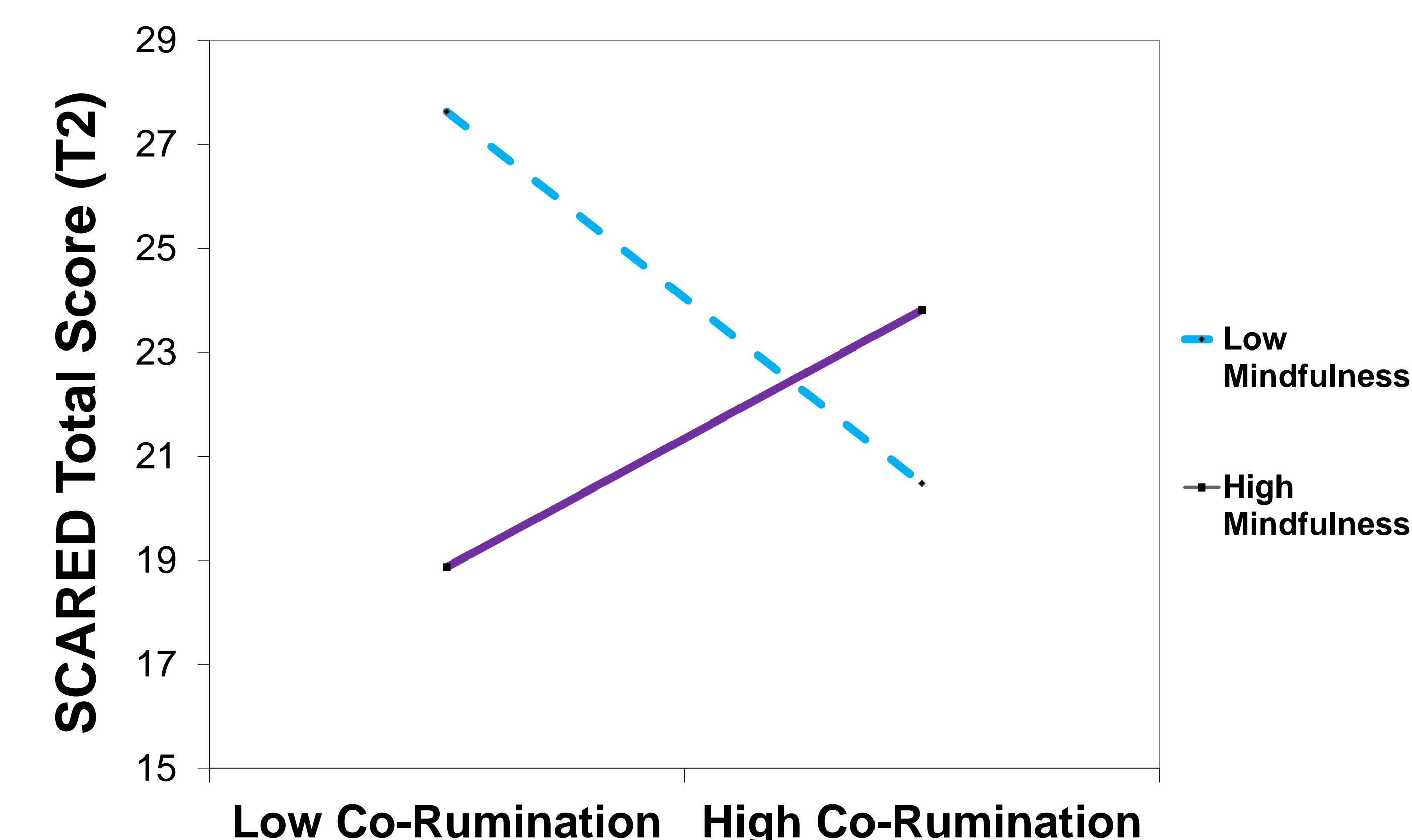
Note: Z-scores were computed for CRQ-S and CAMM

* $p < .05$; ** $p < .01$; *** $p < .001$

- ❖ Significant interactions were found between co-rumination and mindfulness, for adolescent boys, such that when co-rumination was low, higher levels of mindfulness decreased the risk for subsequent anxiety.

RESULTS

Figure 1. Simple Slopes for Anxiety Symptoms Among Adolescent Boys



CONCLUSIONS

- ❖ These findings indicate that higher levels of mindfulness may buffer the association between co-rumination and subsequent anxiety symptoms during early adolescence.
 - Notably, this effect was observed only among adolescent boys with low levels of co-rumination.
- ❖ It is possible that the impact of mindfulness may be diminished when co-rumination is high due to the link between co-rumination and increased perceived social support (Rose, 2002).

Implications:

- ❖ These findings suggest that fostering mindfulness-based practices among adolescent boys may be an effective tool in diminishing risk for increased anxiety symptoms associated co-rumination.
- ❖ Future studies should examine factors that may attenuate the link between co-rumination and anxiety among adolescent girls.

