

## **Predictors of Rumination and Co-Rumination: The Role of Attachment Dimensions, Self-Compassion and Self-Esteem**

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**Abstract :** Decades of research have searched out the relationships between self-esteem, self-compassion, attachment, and rumination. Yet, unique mediated and moderated predictor power of these correlates of rumination has not been discovered yet. Moreover, no study examined whether these critical correlates of rumination specifically predict sub-dimensions of rumination that are reflection and brooding. Despite the broad range of study regarding predictors of rumination, a huge gap exists for the possible predictors of co-rumination. To address these issues, the present study mainly investigates the predictor roles of self-esteem, self-compassion, and attachment on dimensions of rumination (brooding and reflection) and co-rumination, especially the mediating and moderating roles of these predictor variables. 510 undergraduate and graduate students from different departments of a major state university in Turkey participated in the current study. The mean age of the participants was 21.8 (SD = 2.29) and 57.3% of them were female. Overall analyses revealed that self-compassion and attachment anxiety was negatively correlated with both co-rumination and brooding. Surprisingly, while attachment anxiety significantly and positively predicted reflection, attachment avoidance predicted reflection negatively. Moreover, anxiety, avoidance and self-compassion all were found to be significant predictor variables of co-rumination. Finally, as expected, a moderating effect of self-compassion revealed in predicting reflection and showed as a mediator in predicting brooding and co-rumination. All findings were discussed in light of the related literature.

**Keywords :** rumination, co-rumination, attachment, self-compassion, self-esteem

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