# Chapter 31 Rumination, Stress, and Emotion

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# Abstract

Psychometric instruments developed to assess moderator variables in the stress process have been hampered by a number of shortcomings, including the use of inappropriate factoring techniques and the absence of confirmatory factor analysis to endorse the obtained structures. The research has also been compromised by the absence of an unambiguous definition of stress, which has led to widespread misunderstandings about the construct. This chapter aims to resolve some of these issues by focusing on the role of personality factors that have been shown to be significantly implicated in the stress response in everyday contexts, especially emotional rumination, emotional inhibition, coping styles, and self-esteem. A key distinction is drawn between chronic as opposed to acute stress, and the evidence presented is grounded in established physiological findings based on cardiovascular and immune function.