**Title of dataset**

Thomas&Oliver2023

**Contact details**

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**File formats**

Excel

**Column headings for tabular data**

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| **Sheet** | **Variable** | **Description** |
| Sheet 1: Quantitative data | Extraversion | *Big Five Inventory-10* (BFI-10; Rammstedt & John, 2007) |
| Agreeableness |
| Conscientiousness |
| Neuroticism |
| Openness |
| OvertNarcissism | *Narcissistic Personality Inventory-16* (NPI-16; Ames, Rose, & Anderson, 2006) |
| CovertNarcissism | *Hypersensitive Narcissism Scale* (HSNS; Hendin & Cheek, 1997) |
| Need Satisfaction | *Balanced Measure of Psychological Needs Scale-General* (BMPN-G; Sheldon & Hilpert, 2012) |
| Need Thwarting |
| Dampening | *Response to Positive Affect* (RPA; Fieldman et al., 2008) |
| Self Focused |
| Emotion Focused |
| GE Duration | Duration (minutes) |
| BE Duration |
| Brooding | *Short Version of Ruminative Responses Scale* (RSQ; Treynor, Gonzales, & Nolen-Hoeksema, 2003) |
| Reflection |
| Sheet 2: Qualitative data | Good experience | Content of their rumination via an open-ended question. |
| Bad experience | Content of their rumination via an open-ended question. |

**Data and file overview**

One hundred and thirteen participants were recruited to take part in the research project (*Mage* = 32.75, *SD* = 16.87; Male = 61, Female = 51, Non-binary = 1) between October 2019 and May 2020. Inclusion criteria required participants to be aged 18 and over and fluent in written and spoken English.

Participants were required to complete a battery of onlineself-report questionnaires assessing personality traits (BFI-10, NPI-16, and HSNS), and rumination style (RPA and RSQ) and duration, and daily experience (BMPN-G). Participants also provided qualitative data regarding the content of their rumination via an open-ended question. Participants were required to complete the task on one occasion at the end of the day.