

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Almost never	Sometimes	About half the time	Most of the time	Almost always
(0-10%)	(11-35%)	(36-65%)	(66-90%)	(91-100%)

## Difficulties in Emotion Regulation Scale (DERS)

Identifier

Date

Please indicate how often the following 36 statements apply to you by writing the appropriate number from the scale above (1 – 5) in the box alongside each item.

1	I am clear about my feelings (R)	<input type="checkbox"/>
2	I pay attention to how I feel (R)	<input type="checkbox"/>
3	I experience my emotions as overwhelming and out of control	<input type="checkbox"/>
4	I have no idea how I am feeling	<input type="checkbox"/>
5	I have difficulty making sense out of my feelings	<input type="checkbox"/>
6	I am attentive to my feelings (R)	<input type="checkbox"/>
7	I know exactly how I am feeling (R)	<input type="checkbox"/>
8	I care about what I am feeling (R)	<input type="checkbox"/>
9	I am confused about how I feel	<input type="checkbox"/>
10	When I'm upset, I acknowledge my emotions (R)	<input type="checkbox"/>
11	When I'm upset, I become angry with myself for feeling that way	<input type="checkbox"/>
12	When I'm upset, I become embarrassed for feeling that way	<input type="checkbox"/>

<b>1</b> Almost never (0-10%)	<b>2</b> Sometimes (11-35%)	<b>3</b> About half the time (36-65%)	<b>4</b> Most of the time (66-90%)	<b>5</b> Almost always (91-100%)
13	When I'm upset, I have difficulty getting work done			<input type="checkbox"/>
14	When I'm upset, I become out of control			<input type="checkbox"/>
15	When I'm upset, I believe that I will remain that way for a long time			<input type="checkbox"/>
16	When I'm upset, I believe that I'll end up feeling very depressed			<input type="checkbox"/>
17	When I'm upset, I believe that my feelings are valid and important (R)			<input type="checkbox"/>
18	When I'm upset, I have difficulty focusing on other things			<input type="checkbox"/>
19	When I'm upset, I feel out of control			<input type="checkbox"/>
20	When I'm upset, I can still get things done (R)			<input type="checkbox"/>
21	When I'm upset, I feel ashamed with myself for feeling that way			<input type="checkbox"/>
22	When I'm upset, I know that I can find a way to eventually feel better (R)			<input type="checkbox"/>
23	When I'm upset, I feel like I am weak			<input type="checkbox"/>
24	When I'm upset, I feel like I can remain in control of my behaviours (R)			<input type="checkbox"/>
25	When I'm upset, I feel guilty for feeling that way			<input type="checkbox"/>
26	When I'm upset, I have difficulty concentrating			<input type="checkbox"/>
27	When I'm upset, I have difficulty controlling my behaviours			<input type="checkbox"/>

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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- 28 When I'm upset, I believe that there is nothing I can do to make myself feel better
- 29 When I'm upset, I become irritated with myself for feeling that way
- 30 When I'm upset, I start to feel very bad about myself
- 31 When I'm upset, I believe that wallowing in it is all I can do
- 32 When I'm upset, I lose control over my behaviours
- 33 When I'm upset, I have difficulty thinking about anything else
- 34 When I'm upset, I take time to figure out what I'm really feeling (R)
- 35 When I'm upset, it takes me a long time to feel better
- 36 When I'm upset, my emotions feel overwhelming

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Last Updated: 30 January 2012

Planned Review: 30 January 2017

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, you must print this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

Gratz, K.L. & Roemer, E. Multidimensional Assessment of Emotion Regulation and Dysregulation: Development, Factor Structure, and Initial Validation of the Difficulties in Emotion Regulation Scale. *Journal of Psychopathology and Behavioral Assessment*, 26: 1, pp. 41-54

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## SCORING THE DERS

The DERS is a brief, 36-item self-report questionnaire designed to assess multiple aspects of emotional dysregulation. Reverse-scored items are numbered 1, 2, 6, 7, 8, 10, 17, 20, 22, 24 and 34. Higher scores suggest greater problems with emotion regulation. The measure yields a total score (SUM) as well as scores on six sub-scales:

1. Non-acceptance of emotional responses (NONACCEPT)
2. Difficulties engaging in goal directed behaviour (GOALS)
3. Impulse control difficulties (IMPULSE)
4. Lack of emotional awareness (AWARE)
5. Limited access to emotion regulation strategies (STRATEGIES)
6. Lack of emotional clarity (CLARITY)

### ***1: Nonacceptance of Emotional Responses (NONACCEPT)***

- 25) When I'm upset, I feel guilty for feeling that way
- 21) When I'm upset, I feel ashamed with myself for feeling that way
- 12) When I'm upset, I become embarrassed for feeling that way
- 11) When I'm upset, I become angry with myself for feeling that way
- 29) When I'm upset, I become irritated with myself for feeling that way
- 23) When I'm upset, I feel like I am weak

### ***2: Difficulties Engaging in Goal-Directed (GOALS)***

- 26) When I'm upset, I have difficulty concentrating
- 18) When I'm upset, I have difficulty focusing on other things
- 13) When I'm upset, I have difficulty getting work done
- 33) When I'm upset, I have difficulty thinking about anything else
- 20) When I'm upset, I can still get things done (R)

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### **3: Impulse Control Difficulties (IMPULSE)**

- 32) When I'm upset, I lose control over my behaviours
- 27) When I'm upset, I have difficulty controlling my behaviours
- 14) When I'm upset, I become out of control
- 19) When I'm upset, I feel out of control
- 3) I experience my emotions as overwhelming and out of control
- 24) When I'm upset, I feel like I can remain in control of my behaviours (R)

### **4: Lack of Emotional Awareness (AWARE)**

- 6) I am attentive to my feelings (R)
- 2) I pay attention to how I feel (R)
- 10) When I'm upset, I acknowledge my emotions (R)
- 17) When I'm upset, I believe that my feelings are valid and important (R)
- 8) I care about what I am feeling (R)
- 34) When I'm upset, I take time to figure out what I'm really feeling (R)

### **5: Limited Access to Emotion Regulation Strategies (STRATEGIES)**

- 16) When I'm upset, I believe that I'll end up feeling very depressed
- 15) When I'm upset, I believe that I will remain that way for a long time
- 31) When I'm upset, I believe that wallowing in it is all I can do
- 35) When I'm upset, it takes me a long time to feel better
- 28) When I'm upset, I believe that there is nothing I can do to make myself feel better
- 22) When I'm upset, I know that I can find a way to eventually feel better (R)
- 36) When I'm upset, my emotions feel overwhelming
- 30) When I'm upset, I start to feel very bad about myself

### **6: Lack of Emotional Clarity (CLARITY)**

- 5) I have difficulty making sense out of my feelings
- 4) I have no idea how I am feeling
- 9) I am confused about how I feel
- 7) I know exactly how I am feeling (R)
- 1) I am clear about my feelings (R)