

1	2	3	4	5
Almost never (0-10%)	Sometimes (11-35%)	About half the time (36-65%)	Most of the time (66-90%)	Almost always (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)
- 2 I pay attention to how I feel (R)
- 3 I experience my emotions as overwhelming and out of control
- 4 I have no idea how I am feeling
- 5 I have difficulty making sense out of my feelings
- 6 I am attentive to my feelings (R)
- 7 I know exactly how I am feeling (R)
- 8 I care about what I am feeling (R)
- 9 I am confused about how I feel
- 10 When I'm upset, I acknowledge my emotions (R)
- 11 When I'm upset, I become angry with myself for feeling that way
- 12 When I'm upset, I become embarrassed for feeling that way

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

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

- 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

Document Version: 1.1

Last Updated: 05 June 2013

Planned Review: 30 June 2018

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.

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

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)

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

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)

Difficulties in Emotion Regulation Scale (Gratz & Roemer, 2004)

The next statements are also about you. Please choose the response that best fits for you.

(DERS)

		Almost never	Some times	About half the time	Most of the time	Almost always
1	I am clear about my feelings.	1	2	3	4	5
3	I pay attention to how I feel.	1	2	3	4	5
4	I experience my emotions as overwhelming and out of control.	1	2	3	4	5
5	I have no idea how I am feeling.	1	2	3	4	5
6	I have difficulty making sense out of my feelings.	1	2	3	4	5
7	I am attentive to my feelings.	1	2	3	4	5
8	I know exactly how I am feeling.	1	2	3	4	5
9	I care about what I am feeling.	1	2	3	4	5
10	I am confused about how I feel.	1	2	3	4	5
12	When I'm upset, I acknowledge my emotions.	1	2	3	4	5
14	When I'm upset, I become angry with myself for feeling that way.	1	2	3	4	5
15	When I'm upset, I become embarrassed for feeling that way.	1	2	3	4	5
16	When I'm upset, I have difficulty getting work done.	1	2	3	4	5
17	When I'm upset, I become out of control.	1	2	3	4	5
19	When I'm upset, I believe that I will remain that way for a long time.	1	2	3	4	5
20	When I'm upset, I believe that I will end up feeling very depressed.	1	2	3	4	5
21	When I'm upset, I believe that my feelings are valid and important.	1	2	3	4	5
22	When I'm upset, I have difficulty focusing on other things.	1	2	3	4	5
23	When I'm upset, I feel out of control.	1	2	3	4	5
24	When I'm upset, I can still get things done.	1	2	3	4	5

		Almost never	Some times	About half the time	Most of the time	Almost always
25	When I'm upset, I feel ashamed with myself for feeling that way.	1	2	3	4	5
26	When I'm upset, I know that I can find a way to eventually feel better.	1	2	3	4	5
27	When I'm upset, I feel like I am weak.	1	2	3	4	5
29	When I'm upset, I feel guilty for feeling that way.	1	2	3	4	5
30	When I'm upset, I have difficulty concentrating.	1	2	3	4	5
31	When I'm upset, I have difficulty controlling my behaviours.	1	2	3	4	5
32	When I'm upset, I believe that there is nothing I can do to make myself feel better.	1	2	3	4	5
33	When I'm upset, I become irritated with myself for feeling that way.	1	2	3	4	5
34	When I'm upset, I start to feel very bad about myself.	1	2	3	4	5
35	When I'm upset, I believe that wallowing in it is all I can do.	1	2	3	4	5
37	When I'm upset, I lose control over my behaviours.	1	2	3	4	5
38	When I'm upset, I have difficulty thinking about anything else.	1	2	3	4	5
39	When I'm upset, I take time to figure out what I'm really feeling.	1	2	3	4	5
40	When I'm upset, it takes me a long time to feel better.	1	2	3	4	5