



Name/ID: \_\_\_\_\_

Date: \_\_\_\_\_

**DERS-18****Difficulty in Emotional Regulation Scale**

Response categories:

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%)

1. \_\_\_\_\_ I pay attention to how I feel.
2. \_\_\_\_\_ I have no idea how I am feeling.
3. \_\_\_\_\_ I have difficulty making sense out of my feelings.
4. \_\_\_\_\_ I am attentive to my feelings.
5. \_\_\_\_\_ I am confused about how I feel.
6. \_\_\_\_\_ When I'm upset, I acknowledge my emotions.
7. \_\_\_\_\_ When I'm upset, I become embarrassed for feeling that way.
8. \_\_\_\_\_ When I'm upset, I have difficulty getting work done.
9. \_\_\_\_\_ When I'm upset, I become out of control.
10. \_\_\_\_\_ When I'm upset, I believe that I will remain that way for a long time.
11. \_\_\_\_\_ When I'm upset, I believe that I'll end up feeling very depressed.
12. \_\_\_\_\_ When I'm upset, I have difficulty focusing on other things.
13. \_\_\_\_\_ When I'm upset, I feel ashamed with myself for feeling that way.
14. \_\_\_\_\_ When I'm upset, I feel guilty for feeling that way.
15. \_\_\_\_\_ When I'm upset, I have difficulty concentrating.
16. \_\_\_\_\_ When I'm upset, I have difficulty controlling my behaviors.
17. \_\_\_\_\_ When I'm upset, I believe that wallowing in it is all I can do.
18. \_\_\_\_\_ When I'm upset, I lose control over my behaviors.

Original DERS (36 item) Citation: Gratz, K. L., & Roemer, L. (2004). 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), 41-54.

DERS-18 (18 item) Reference: Victor, S. E., & Klonsky, E. D. (2016). Validation of a brief version of the Difficulties in Emotion Regulation Scale (DERS-18) in five samples. *Journal of Psychopathology and Behavioral Assessment*, in press.

## DERS-18 Hand Scoring

1. Reverse-code the following items using this scale:

1 = 5                  2 = 4                  3 = 3                  4 = 2                  5 = 1

Item	Original Score	Reverse-Coded Score
1. I pay attention to how I feel		
4. I am attentive to my feelings		
6. When I'm upset, I acknowledge my emotions.		

2. Sum items for each subscale below. Note that for items with an asterisk (\*), the **reverse coded score** should be used (see right-hand column above).

### Awareness

Item #1 \* = \_\_\_\_\_  
 Item #4 \* = \_\_\_\_\_  
 Item #6 \* = \_\_\_\_\_  
 SUM = \_\_\_\_\_

### Clarity

Item #2 = \_\_\_\_\_  
 Item #3 = \_\_\_\_\_  
 Item #5 = \_\_\_\_\_  
 SUM = \_\_\_\_\_

### Goals

Item #8 = \_\_\_\_\_  
 Item #12 = \_\_\_\_\_  
 Item #15 = \_\_\_\_\_  
 SUM = \_\_\_\_\_

### Impulse

Item #9 = \_\_\_\_\_  
 Item #16 = \_\_\_\_\_  
 Item #18 = \_\_\_\_\_  
 SUM = \_\_\_\_\_

### Nonacceptance

Item #7 = \_\_\_\_\_  
 Item #13 = \_\_\_\_\_  
 Item #14 = \_\_\_\_\_  
 SUM = \_\_\_\_\_

### Strategies

Item #10 = \_\_\_\_\_  
 Item #11 = \_\_\_\_\_  
 Item #17 = \_\_\_\_\_  
 SUM = \_\_\_\_\_

3. To calculate the total score, sum the subscale scores below.

Awareness		Clarity		Goals		Impulse		Nonaccept.		Strategies		Total Score
_____	+	_____	+	_____	+	_____	+	_____	+	_____	=	_____

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## DERS-18 Computer Scoring

If you wish to score the DERS using statistical software, such as SPSS, you can use the code below as a starting point. Please note that you should verify that this code works as expected with your particular software and dataset parameters before conducting further analyses. Note: this syntax will return a value of missing for scores where one or more parameters are missing.

*/\* Step 1: Recode reverse-coded items \*/*

```
RECODE DERS18_1 DERS18_4 DERS18_6 (1=5) (2=4) (3=3) (4=2) (5=1)
(MISSING=SYSMIS) INTO DERS18_1r DERS18_4r DERS18_6r.
EXECUTE.
```

*/\* Step 2: Calculate six subscales \*/*

```
COMPUTE Awareness = DERS18_1r + DERS18_4r + DERS18_6r.
VARIABLE LABELS Awareness 'DERS18 Awareness Subscale'.
EXECUTE.
```

```
COMPUTE Clarity = DERS18_2 + DERS18_3 + DERS18_5.
VARIABLE LABELS Clarity 'DERS18 Clarity Subscale'.
EXECUTE.
```

```
COMPUTE Goals = DERS18_8 + DERS18_12 + DERS18_15.
VARIABLE LABELS Goals 'DERS18 Goals Subscale'.
EXECUTE.
```

```
COMPUTE Impulse = DERS18_9 + DERS18_16 + DERS18_18.
VARIABLE LABELS Impulse 'DERS18 Impulse Subscale'.
EXECUTE.
```

```
COMPUTE Nonacceptance = DERS18_7 + DERS18_13 + DERS18_14.
VARIABLE LABELS Nonacceptance 'DERS18 Nonacceptance Subscale'.
EXECUTE.
```

```
COMPUTE Strategies = DERS18_10 + DERS18_11 + DERS18_17.
VARIABLE LABELS Strategies 'DERS18 Strategies Subscale'.
EXECUTE.
```

*/\* Step 3: Calculate DERS total score \*/*

```
COMPUTE DERS18_Total = Awareness+Clarity+Goals+Impulse+Nonacceptance+Strategies.
VARIABLE LABELS DERS18_Total 'DERS18 Total Score'.
EXECUTE.
```

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