**Difficulties in Emotion Regulation Scale – Short Form (DERS-SF)**

Kaufman, Xia, Fosco, Yaptangco, Skidmore, & Crowell (2015)

**Please indicate how often the following apply to you.**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | |  | |  | |  | |  | |
| Almost  Never | | Some-  times | | About Half  Of the Time | | Most of  the Time | | Almost  Always | |
|  | (0–10%) | | (11–35%) | | (36–65%) | | (66–90%) | | (91–100%) | |
|  |  | |  | |  | |  | |  | |
| 1. I pay attention to how I feel | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 2. I have no idea how I am feeling | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 3. I have difficulty making sense out of my feelings | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 4. I care about what I am feeling | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 5. I am confused about how I feel | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 6. When I’m upset, I acknowledge my emotions | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 7. When I’m upset, I become embarrassed for feeling that way | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 8. When I’m upset, I have difficulty getting work done | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 9. When I’m upset, I become out of control | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 10. When I’m upset, I believe that I will end up feeling very depressed | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 11. When I’m upset, I have difficulty focusing on other things | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 12. When I’m upset, I feel guilty for feeling that way | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 13. When I’m upset, I have difficulty concentrating | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 14. When I’m upset, I have difficulty controlling my behaviors | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 15. When I’m upset, I believe there is nothing I can do to make myself feel better | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 16. When I’m upset, I become irritated with myself for feeling that way | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 17. When I’m upset, I lose control over my behavior | | 1 | | 2 | | 3 | | 4 | | 5 | |
| 18. When I’m upset, it takes me a long time to feel better | | 1 | | 2 | | 3 | | 4 | | 5 | |
|  |  | |  | |  | |  | |  | |

**SCORING**

**Scales can be scored using sums or averages of items. If the goal is comparison to the original DERS questionnaire, consider using averages of each subscale so that the scores are in the metric of the response scale. Please note that all three items in the Awareness scale should be reverse coded.**

**All subscales are scored so that higher values reflect greater difficulty with emotion regulation.**

**Subscales:**

Strategies

10. When I’m upset, I believe that I will end up feeling very depressed.

15. When I’m upset, I believe there is nothing I can do to make myself feel better.

18. When I’m upset, it takes me a long time to feel better.

Non-acceptance

7. When I’m upset, I become embarrassed for feeling that way.

12. When I’m upset, I feel guilty for feeling that way.

16. When I’m upset, I become irritated at myself for feeling that way.

Impulse

9. When I’m upset, I become out of control.

14. When I’m upset, I have difficulty controlling my behavior.

17. When I’m upset, I lose control over my behavior.

Goals

8. When I’m upset, I have difficulty getting work done.

11. When I’m upset, I have difficulty focusing on other things.

13. When I’m upset, I have difficulty concentrating.

Awareness

1. I pay attention to how I feel. [reverse code]

4. I care about what I am feeling. [reverse code]

6. When I’m upset, I acknowledge my emotions. [reverse code]

Clarity

2. I have no idea how I am feeling.

3. I have difficulty making sense out of my feelings.

5. I am confused about how I feel.

**Citation:** Kaufman, E. A., Xia, M., Fosco, G., Yaptangco, M., Skidmore, C. R., & Crowell, S. E. (2015). The difficulties in emotion regulation scale short form (DERS-SF): Validation and replication in adolescent and adult samples. *Journal of Psychopathology and Behavioral Assessment*, doi:10.1007/s10862-015-9529-3

**This measure was shortened from the original DERS full scale:** 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*, 41–54.