

Emotional Awareness
Adapted from Gratz & Roemer, 2004

Everybody experiences a range of emotions, but individuals vary in the degree to which they pay attention to and understand their emotional experiences. This is a 2-item scale, adapted from the original Difficulties in Emotion Regulation Scale (DERS), to assess the ability to monitor and identify one's own feelings. The wording on some items changed slightly to use simplified language for our community sample, and the rating scale was changed from a 5-item to a 4-item Likert scale.

Development and validation of measure in pilot study and main sample: To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we used eight of the 36 items in the original DERS and conducted domain-level factor analyses for all regulatory strengths. The analysis produced this factor, consisting of two items, as well as the 4-item Emotional Regulation factor. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.80 and 0.82, respectively. Validity was established in the main sample with moderate correlations with other regulatory strengths, such as Anger Management ($r = .43$), as well as measures of well-being, such as Subjective Well-being ($r = .46$) and the Awe Index ($r = .36$).

Scoring: Each answer category was assigned a value from 4 to 1. Participants' raw scores on each item were standardized into z-scores. The scale-level mean was calculated from the item-level z-scores, with higher scores indicating better emotional awareness.

Adapted from: 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.

Life Paths version: Hamby, S., Grych, J., & Banyard, V. L. (2015). *Life Paths measurement packet: Finalized scales*. Sewanee, TN: Life Paths Research Program. <http://www.lifepathsresearch.org/strengths-measures/>

1. I am aware of my feelings.

- Mostly true about me 4
- Somewhat true about me 3
- A little true about me 2
- Not true about me 1

2. I pay attention to how I feel.

- Mostly true about me 4
- Somewhat true about me 3
- A little true about me 2
- Not true about me 1