

Emotional Regulation
Adapted from Gratz & Roemer, 2004

Negative emotions are inevitable and the ways an individual responds to them has strong implications for mental health and well-being. This scale includes 4 items adapted from the original Difficulties in Emotion Regulation Scale (DERS), assessing one's ability to maintain stability and manage distressing feelings. The rating scale was changed from a 5-item to a 4-item Likert scale, and the items were reworded to use simplified language for our community sample.

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 4 items, as well as the 2-item Emotional Awareness factor. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.83 and 0.82, respectively. Validity was established in the main sample with moderate to strong correlations to meaning making strengths, such as Optimism ($r = .44$) and well-being outcomes, such as Mental Health ($r = .57$).

Scoring: Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all the items. We used z-scores of the scale score in our analyses. Items are negatively worded and reverse scored, so that higher scores indicate better emotional regulation.

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 have difficulty making sense of my feelings.

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

2. When I'm upset, I have difficulty focusing on other things.

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

3. When I'm upset, I feel out of control.

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

4. When I'm upset, it takes me a long time to feel better.

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