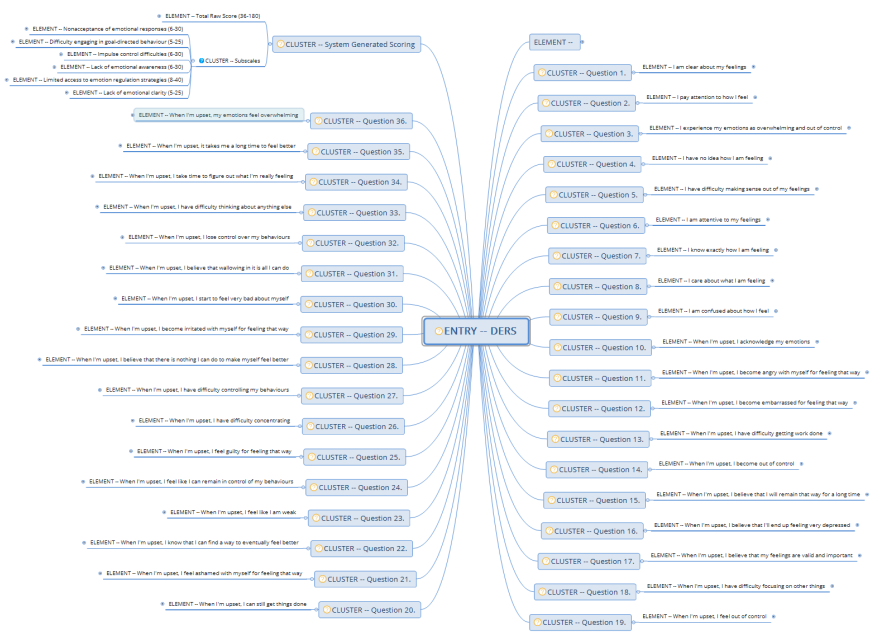


# Difficulties in Emotion Regulation Scale (DERS)

If you're interested in this clinical form for use in Explorer Online please [get in touch](#).

Clinical Form Name	DERS
Clinical Area(s)	Psychology
Description of Use	Report measure of six facets of emotion regulation
Availability	Yes, full access in Explorer Online
Explorer Online Screenshot	<div><div>DERS</div><div><div>Instructions:</div><div>Please select the response that is most true for you</div></div><div><div>QUESTION 1.</div><div>I AM CLEAR ABOUT MY FEELINGS</div><div></div></div><div><div>QUESTION 2.</div><div>I PAY ATTENTION TO HOW I FEEL</div><div></div></div><div><div>QUESTION 3.</div><div>I EXPERIENCE MY EMOTIONS AS OVERWHELMING AND OUT OF CONTROL</div><div></div></div><div><div>QUESTION 4.</div><div>I HAVE NO IDEA HOW I AM FEELING</div><div></div></div><div><div>QUESTION 5.</div><div>I HAVE DIFFICULTY MAKING SENSE OUT OF MY FEELINGS</div><div></div></div><div><div>QUESTION 6.</div><div>I AM ATTENTIVE TO MY FEELINGS</div><div></div></div><div><div>QUESTION 7.</div><div>I KNOW EXACTLY HOW I AM FEELING</div><div></div></div></div>
Report Preview	<div><div><div><div>Mrs Patient Marie TEST</div><div>Age: 12-000-1998 (21y) Gender: Female Sig. at the time of observation</div></div><div><div>Address: 12 Demo Street PARROCHYDORE QLD 4558</div><div>Phone: (07)54566800</div><div>Medicare No: 4600680371/1</div></div><div><div>Specimen</div><div>Lab No: EAA758A6-1719-47A5-A7E8-8EEF58764222</div><div>Request Date: 26/08/2022 2:37 PM</div><div>Effective Date: 26/08/2022 2:37 PM</div><div>Generated Date: 26/08/2022 2:38 PM</div></div></div><div><div>Difficulties in Emotion Regulation Scale (7 DAY)</div><div>&lt;br&gt;Instructions&lt;br&gt;Please select the response that is most true for you</div><div><div>QUESTION 1.</div><div>I am clear about my feelings</div><div>Sometimes</div></div><div><div>QUESTION 2.</div><div>I pay attention to how I feel</div><div>About half of the time</div></div><div><div>QUESTION 3.</div><div>I experience my emotions as overwhelming and out of control</div><div>About half of the time</div></div><div><div>QUESTION 4.</div><div>I have no idea how I am feeling</div><div>Most of the time</div></div><div><div>QUESTION 5.</div><div>I have difficulty making sense out of my feelings</div><div>Sometimes</div></div><div><div>QUESTION 6.</div><div>I am attentive to my feelings</div><div>Most of the time</div></div><div><div>QUESTION 7.</div><div>I know exactly how I am feeling</div><div>Most of the time</div></div><div><div>QUESTION 8.</div><div>I care about what I am feeling</div><div>Almost always</div></div><div><div>QUESTION 9.</div><div>I am confused about how I feel</div><div>Most of the time</div></div><div><div>QUESTION 10.</div><div>When I'm upset, I acknowledge my emotions</div><div>Almost never</div></div><div>SYSTEM GENERATED SCORING</div></div></div>

Mind Map



Excel File /Structure

CEN.DERS.v1.xlsx

Editor Screenshot

- ENTRY -- DERS
  - ELEMENT --
  - CLUSTER -- Question 1.
  - CLUSTER -- Question 2.
  - CLUSTER -- Question 3.
  - CLUSTER -- Question 4.
  - CLUSTER -- Question 5.
  - CLUSTER -- Question 6.
  - CLUSTER -- Question 7.
  - CLUSTER -- Question 8.
  - CLUSTER -- Question 9.
  - CLUSTER -- Question 10.
  - CLUSTER -- Question 11.
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  - CLUSTER -- Question 32.
  - CLUSTER -- Question 33.
  - CLUSTER -- Question 34.
  - CLUSTER -- Question 35.
  - CLUSTER -- Question 36.
  - CLUSTER -- System Generated Scoring