DERS-18

Response categories:

<table>
<thead>
<tr>
<th></th>
<th>Almost Never (0-10%)</th>
<th>Sometimes (11-35%)</th>
<th>About Half the Time (36-65%)</th>
<th>Most of the Time (66-90%)</th>
<th>Almost Always (91-100%)</th>
</tr>
</thead>
</table>

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.


# DERS-18 Hand Scoring

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Original Score</th>
<th>Reverse-Coded Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I pay attention to how I feel</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>4. I am attentive to my feelings</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>6. When I’m upset, I acknowledge my emotions.</td>
<td>4</td>
<td>3</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Awareness</th>
<th>Clarity</th>
<th>Goals</th>
<th>Impulse</th>
<th>Nonaccept.</th>
<th>Strategies</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>_______</td>
<td>_______</td>
<td>______</td>
<td>_______</td>
<td>_______</td>
<td>_______</td>
<td>_______</td>
</tr>
</tbody>
</table>


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.
