

Name/ID: _____

Date: _____

DERS-18

Response categories:

1 Almost Never (0-10%)	2 Sometimes (11-35%)	3 About Half the Time (36-65%)	4 Most of the Time (66-90%)	5 Almost Always (91-100%)
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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.

Original DERS (36 item) Citation: 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.

DERS-18 (18 item) Reference: Victor, S. E., & Klonsky, E. D. (2016). Validation of a brief version of the Difficulties in Emotion Regulation Scale (DERS-18) in five samples. *Journal of Psychopathology and Behavioral Assessment*, in press.

DERS-18 Hand Scoring

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

1 = 5 2 = 4 3 = 3 4 = 2 5 = 1

Item	Original Score	Reverse-Coded Score
1. I pay attention to how I feel		
4. I am attentive to my feelings		
6. When I'm upset, I acknowledge my emotions.		

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	Clarity	Goals
Item #1 * = _____	Item #2 = _____	Item #8 = _____
Item #4 * = _____	Item #3 = _____	Item #12 = _____
Item #6 * = _____	Item #5 = _____	Item #15 = _____
SUM = _____	SUM = _____	SUM = _____

Impulse	Nonacceptance	Strategies
Item #9 = _____	Item #7 = _____	Item #10 = _____
Item #16 = _____	Item #13 = _____	Item #11 = _____
Item #18 = _____	Item #14 = _____	Item #17 = _____
SUM = _____	SUM = _____	SUM = _____

3. To calculate the total score, sum the subscale scores below.

Awareness	Clarity	Goals	Impulse	Nonaccept.	Strategies	Total Score
_____	_____	_____	_____	_____	_____	_____
+	+	+	+	+	+	=
_____	_____	_____	_____	_____	_____	_____

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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.
```

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