**Emotion Regulation Questionnaire**

PERSONALITY STUDIES – STUDY: Couples

**Measurement Label:** ERQ

**Measurement ID:** 66

**Filename:** Couples\_ERQ\_final.sav

**Valid Case Summary**

|  |  |  |  |
| --- | --- | --- | --- |
| **TIMEPOINT** | **EVALUATOR** | **LABEL** | **# OF CASES** |
| 3 mth | Participant | LB | 232 |
| 6 mth | Participant | LC | 204 |
| 9 mth | Participant | LD | 201 |
| 12 mth | Participant | LE | 190 |

**Variables**

|  |  |  |
| --- | --- | --- |
| **SERIAL NUMBER** | **QUESTION** | **POSSIBLE VALUES** |
| 34000 | When I want to feel more positive emotion (such as joy or amusement), I change what I’m thinking about. | 1= Strongly Disagree  2  3  4= Neutral  5  6  7= Strongly Agree |
| 34001 | I keep my emotions to myself. | 1= Strongly Disagree  2  3  4= Neutral  5  6  7= Strongly Agree |
| 34002 | When I want to feel less negative emotion (such as sadness or anger), I change what I’m thinking about. | 1= Strongly Disagree  2  3  4= Neutral  5  6  7= Strongly Agree |
| 34003 | When I am feeling positive emotions, I am careful not to express them. | 1= Strongly Disagree  2  3  4= Neutral  5  6  7= Strongly Agree |
| 34004 | When I’m faced with a stressful situation, I make myself think about it in a way that helps me stay calm. | 1= Strongly Disagree  2  3  4= Neutral  5  6  7= Strongly Agree |
| 34005 | I control my emotions by not expressing them. | 1= Strongly Disagree  2  3  4= Neutral  5  6  7= Strongly Agree |
| 34006 | When I want to feel more positive emotion, I change the way I’m thinking about the situation. | 1= Strongly Disagree  2  3  4= Neutral  5  6  7= Strongly Agree |
| 34007 | I control my emotions by changing the way I think about the situation I’m in. | 1= Strongly Disagree  2  3  4= Neutral  5  6  7= Strongly Agree |
| 34008 | When I am feeling negative emotions, I make sure not to express them. | 1= Strongly Disagree  2  3  4= Neutral  5  6  7= Strongly Agree |
| 34009 | When I want to feel less negative emotion, I change the way I’m thinking about the situation. | 1= Strongly Disagree  2  3  4= Neutral  5  6  7= Strongly Agree |
| 34010 | Scoring: Reappraisal | Mean: 34000, 34001, 34002, 34003, 34004, 34005 |
| 34011 | Scoring: Suppression | Mean: 34006, 34007, 34008, 34009 |