**DIFFICULTIES IN EMOTION REGULATION SCALE**

PERSONALITY STUDIES – STUDY: EIFB

**Measurement Label:** DERS

**Measurement ID:** 33

**Filename:** EIFB\_DERS\_final.sav

**Valid Case Summary**

|  |  |  |  |
| --- | --- | --- | --- |
| **TIMEPOINT** | **EVALUATOR** | **LABEL** | **# OF CASES** |
| Intake | Participant | LA | 150 |
| 3 mth | Participant | LB | 148 |
| 6 mth | Participant | LC | 146 |
| 9 mth | Participant | LD | 147 |
| 12 mth | Participant | LE | 145 |

**Variables**

|  |  |  |
| --- | --- | --- |
| **SERIAL NUMBER** | **QUESTION** | **POSSIBLE VALUES** |
| 19254 | I am clear about my feelings. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19255 | I pay attention to how I feel. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19256 | I experience my emotions as overwhelming and out of control. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19257 | I have no idea how I am feeling. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19258 | I have difficulty in making sense out of my feelings. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19259 | I am attentive to my feelings. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19260 | I know exactly how I’m feeling. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19261 | I care about what I’m feeling. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19262 | I am confused about how I feel. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19263 | When I’m upset, I acknowledge my emotions. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19264 | When I’m upset, I become angry with myself for feeling that way. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19265 | When I’m upset, I become embarrassed for feeling that way. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19266 | When I’m upset, I have difficulty getting work done. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19267 | When I’m upset, I become out of control. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19268 | When I’m upset, I believe that I will remain that way for a long time. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19269 | When I’m upset, I believe that I’ll end up feeling very depressed. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19270 | When I’m upset, I believe that my feelings are valid and important. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19271 | When I’m upset, I have difficulty focusing on other things. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19272 | When I’m upset, I feel out of control. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19273 | When I’m upset, I can still get things done. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19274 | When I’m upset, I feel ashamed with myself for feeling that way. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19275 | When I’m upset, I know that I can find a way to eventually feel better. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19276 | When I’m upset, I feel like I am weak. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19277 | When I’m upset, I feel like I can remain in control of my behaviors. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19278 | When I’m upset, I feel guilty for feeling that way. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19279 | When I’m upset, I have difficulty concentrating. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19280 | When I’m upset, I have difficulty controlling my behaviors. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19281 | When I’m upset, I believe that there is nothing I can do to make myself feel better. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19282 | When I’m upset, I become irritated with myself for feeling that way. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19283 | When I’m upset, I start to feel very bad about myself | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19284 | When I’m upset, I lose control over my behaviors. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19285 | When I’m upset, I have difficulty thinking about anything else. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19286 | When I’m upset, I believe that wallowing is all I can do. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19287 | When I’m upset, I take time to figure out what I’m really feeling. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19288 | When I’m upset, it takes me a long time to feel better. | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 19289 | When I’m upset, my emotions feel overwhelming | 1 = Never  2 = Sometimes  3 = About half of the time  4 = Most of the time  5 = Almost always |
| 25007 | Scoring: Clarity | Sum: 19254\_r,19257,19258,19260\_r,19262. |
| 25008 | Scoring: Strategies | Sum: 19268, 19269, 19275\_r, 19281, 19283, 19286, 19288, 19289 |
| 25009 | Scoring: Awareness | Sum: 19255\_r, 19259\_r, 19261\_r, 19263\_r, 19270\_r, 19287\_r |
| 25010 | Scoring: Impulsive | Sum: 19256, 19267, 19269, 19277\_r, 19280, 19284 |
| 25011 | Scoring: Goals | Sum: 19266, 19271, 19273\_r, 19279, 19285 |
| 25012 | Scoring: Nonaccept | Sum: 19264, 19265, 19274, 19276, 19278, 19282 |
| 25013 | Scoring: Total | Sum: 19254\_r, 19257, 19258, 19260\_r, 19262, 19268, 19269, 19275\_r, 19281, 19283, 19286, 19288, 19289, 19255\_r, 19259\_r, 19261\_r, 19263\_r, 19270\_r, 19287\_r, 19256, 19267, 19269, 19277\_r, 19280, 19284, 19266, 19271, 19273\_r, 19279, 19285, 19264, 19265, 19274, 19276, 19278, 19282 |