

DERS-18



Adult Focused



Item Count: 18 items



Completion Time: 7 min



Self-Report

General Info

The DERS-18 is a brief screening tool that measures emotion regulation and dysregulation and how an individual identifies, accepts, and manages emotional experiences.

The descriptive classifications are provided as a guideline. These results are not clinical diagnoses. Please see the provided resources for more information about the measure development.

Permission for Use

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Difficulties in Emotion Regulation Scale

Add each participant response across for the 6 subscales for a total score. High scores suggest more problems with emotion regulation.

Participant responses are rated on most items as:

- 1 Almost never
- 2 Sometimes
- 3 About half the time
- 4 Most of the time
- 5 Almost always

Questions 4, 8, 12, and 16 are reverse scored and rated:

- 5 Almost never
- 4 Sometimes
- 3 About half the time
- 2 Most of the time
- 1 Almost always

Subscale	Description	Items
Awareness	Lack of attention to emotions	1, 4, 6
Clarity	Lack of emotional clarity	2, 3, 5
Goals	Difficulty engaging in goal-directed behaviour when in distress	8, 12, 15
Impulse	Difficulty remaining in control of one's behaviours when in distress	9, 16, 18
Non-Acceptance	Tendency to not accept current distress	7, 13, 14
Strategies	Limited access to helpful emotion regulation strategies	10, 11, 17

For More Information

- 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, 41-54.