



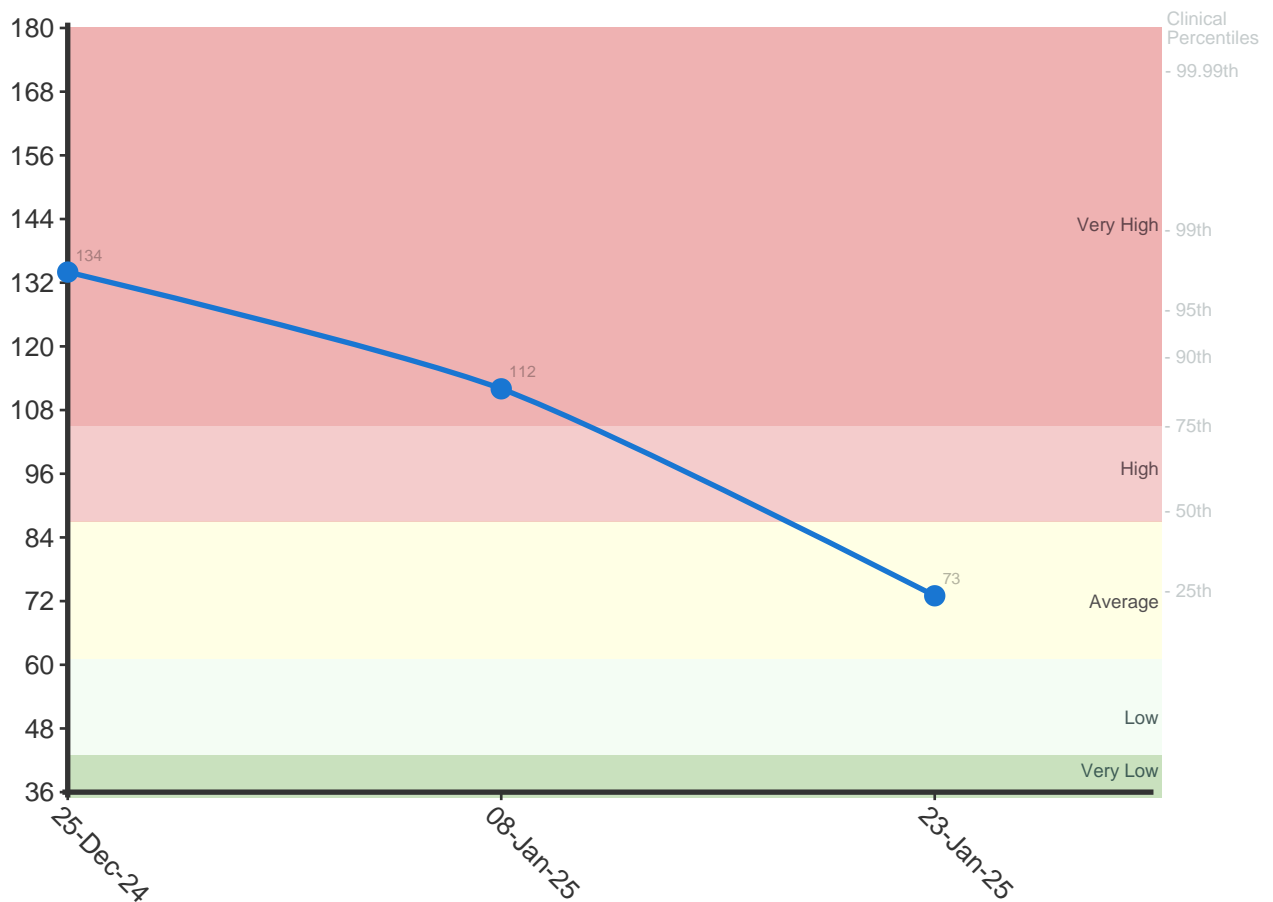
## Difficulties in Emotion Regulation Scale (DERS)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	23 Jan 2025
<i>Date of birth (age)</i>	1 Jan 1999 (26)	<i>Time taken</i>	1 min 1s
<i>Assessor</i>	Dr Emerson Bartholomew		

### Results

	Raw Score	Community percentile	Clinical percentile	Descriptor
Total	73	48	24	Average
Nonacceptance of emotional responses	12	53	33	Average
Difficulty engaging in goal-directed behaviour	10	19	10	Low
Impulse control difficulties	12	59	45	Average
Lack of emotional awareness	14	43	38	Average
Limited access to emotion regulation strategies	15	43	26	Average
Lack of emotional clarity	10	43	31	Average

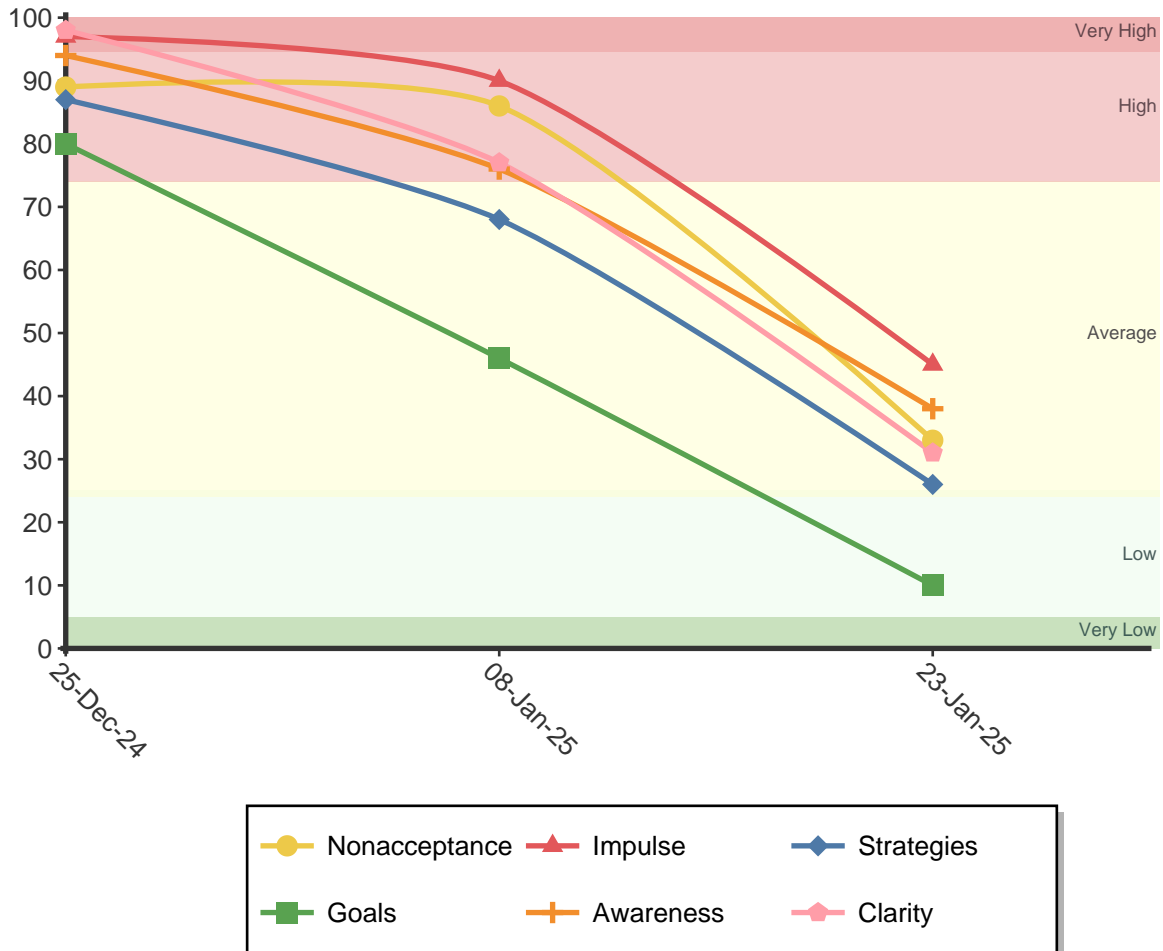
### DERS Total Raw Score





**Client Name** | Generic Client

### DERS Subscale Clinical Percentiles



### Interpretation

The client's total score falls in the average range indicating a typical level of emotion regulation difficulties compared to community peers. Most individuals report some challenges with emotion regulation while maintaining generally adaptive functioning. Their score is higher than 48% of the general population and 24% of individuals in clinical settings.

Since the first assessment on 23 January 2025, the total score has decreased by 61 points, indicating meaningful improvement in emotion regulation. A change of half a standard deviation (9) or more points is considered meaningful based on a minimally important difference calculation.

### Scoring and Interpretation Information

For comprehensive information on the DERS, [see here](#).

Total raw scores range from 36-180, with higher scores indicating greater difficulties in emotion regulation. Subscale raw scores have several ranges listed below:



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## Scoring and Interpretation Information (cont.)

-Non-acceptance (6 items: 11, 12, 21, 23, 25, 29): The Nonacceptance of Emotional Responses subscale assesses negative secondary responses to negative emotions and non-accepting reactions to distress (range 6-30)

-Goals (5 items: 13, 18, 20, 26, 33): The Difficulties Engaging in Goal-Directed Behavior subscale measures difficulties concentrating and accomplishing tasks when experiencing negative emotions (range 5-25)

-Impulse (6 items: 3, 14, 19, 24, 27, 32): The Impulse Control Difficulties subscale reflects difficulties remaining in control of behaviour when experiencing negative emotions (range 6-30)

-Awareness (6 items: 2, 6, 8, 10, 17, 34): The Lack of Emotional Awareness subscale focuses on inattention to and lack of awareness of emotional responses (range 6-30)

-Strategies (8 items: 15, 16, 22, 28, 30, 31, 35, 36): The Limited Access to Emotional Regulation Strategies subscale assesses the belief that little can be done to regulate emotions effectively when upset (range 8-40)

-Clarity (5 items: 1, 4, 5, 7, 9): The Lack of Emotional Clarity subscale reflects the degree to which individuals know and understand the emotions they experience (range 5-25)

On first administration, a stacked bar graph shows the total and each of the six subscale scores in community percentiles. Percentiles give context to a client's score, showing how they compare to their peers. For example, a percentile of 50 represents the typical level of difficulties with emotional regulation among adults in the community. A horizontal comparison graph is also presented showing where a respondent's score is in comparison to the normative and clinical samples.

When administered more than once, a line graph is presented for the raw total score with clinical percentile labels on the right. A second line graph is presented plotting each of the six subscales in clinical percentiles. Significant improvements or deterioration in the total score is indicated by shifts of half a standard deviation or greater (approximately 9 total score points or more) following the guidelines of the Minimally Important Difference (Turner et al., 2010).

Severity categories were created based on community percentiles derived from the combined community sample:

-Percentiles 1st-5th = "Very Low"

-Percentiles 6th-25th = "Low"

-Percentiles 26th-75th = "Average"

-Percentiles 76th-95th = "High"

-Percentiles 96th+ = "Very High"



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## Client Responses

		Almost Never	Sometimes	About half the time	Most of the time	Almost always
1	I am clear about my feeling	5	4	3	2	1
2	I pay attention to how I feel	5	4	3	2	1
3	I experience my emotions as overwhelming and out of control	1	2	3	4	5
4	I have no idea how I am feeling	1	2	3	4	5
5	I have difficulty making sense out of my feelings	1	2	3	4	5
6	I am attentive to my feelings	5	4	3	2	1
7	I know exactly how I am feeling	5	4	3	2	1
8	I care about what I am feeling	5	4	3	2	1
9	I am confused about how I feel	1	2	3	4	5
10	When I'm upset, I acknowledge my emotions	5	4	3	2	1
11	When I'm upset, I become angry with myself for feeling that way	1	2	3	4	5
12	When I'm upset, I become embarrassed for feeling that way	1	2	3	4	5
13	When I'm upset, I have difficulty getting work done	1	2	3	4	5
14	When I'm upset, I become out of control	1	2	3	4	5
15	When I'm upset, I believe that I will remain that way for a long time	1	2	3	4	5
16	When I'm upset, I believe that I'll end up feeling very depressed	1	2	3	4	5
17	When I'm upset, I believe that my feelings are valid and important	5	4	3	2	1
18	When I'm upset, I have difficulty focusing on other things	1	2	3	4	5
19	When I'm upset, I feel out of control	1	2	3	4	5



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### Client Responses (cont.)

		Almost Never	Sometimes	About half the time	Most of the time	Almost always
20	When I'm upset, I can still get things done	5	4	3	2	1
21	When I'm upset, I feel ashamed with myself for feeling that way	1	2	3	4	5
22	When I'm upset, I know that I can find a way to eventually feel better	5	4	3	2	1
23	When I'm upset, I feel like I am weak	1	2	3	4	5
24	When I'm upset, I feel like I can remain in control of my behaviours	5	4	3	2	1
25	When I'm upset, I feel guilty for feeling that way	1	2	3	4	5
26	When I'm upset, I have difficulty concentrating	1	2	3	4	5
27	When I'm upset, I have difficulty controlling my behaviours	1	2	3	4	5
28	When I'm upset, I believe that there is nothing I can do to make myself feel better	1	2	3	4	5
29	When I'm upset, I become irritated with myself for feeling that way	1	2	3	4	5
30	When I'm upset, I start to feel very bad about myself	1	2	3	4	5
31	When I'm upset, I believe that wallowing in it is all I can do	1	2	3	4	5
32	When I'm upset, I lose control over my behaviours	1	2	3	4	5
33	When I'm upset, I have difficulty thinking about anything else	1	2	3	4	5
34	When I'm upset I take time to figure out what I'm really feeling.	5	4	3	2	1
35	When I'm upset, it takes me a long time to feel better	1	2	3	4	5
36	When I'm upset, my emotions feel overwhelming	1	2	3	4	5