



Client Information

<i>Client Name</i>	Jo Blog
<i>Date of birth (age)</i>	24 May 1994 (25)

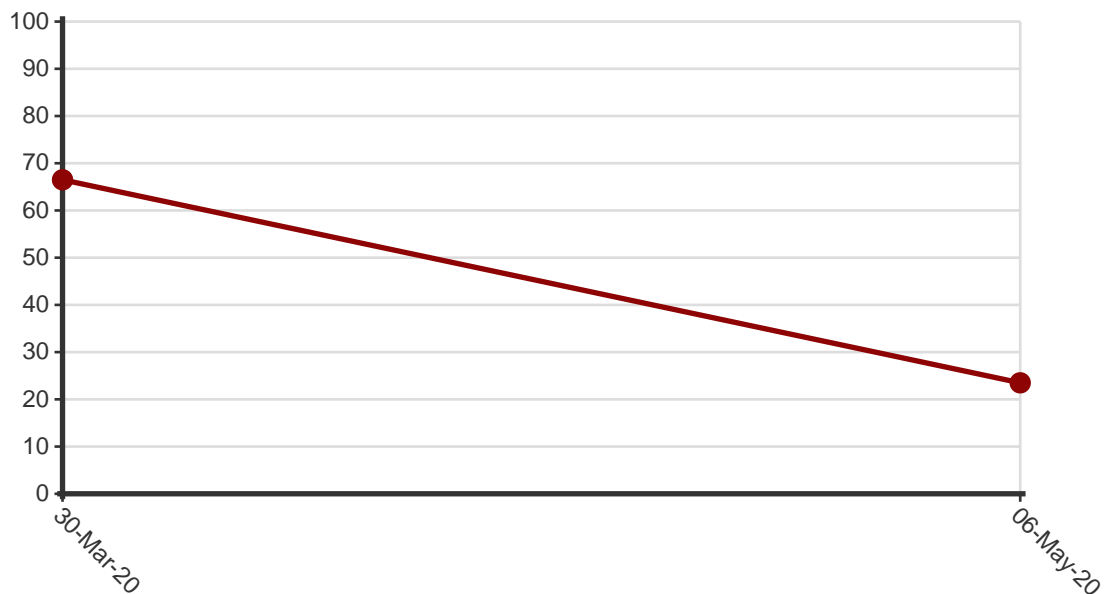
Assessment Information

<i>Assessment</i>	Difficulties in Emotion Regulation Scale (DERS)
<i>Date administered</i>	6 May 2020
<i>Assessor</i>	Dr Test Account NovoPsych
<i>Time taken</i>	4 minutes 9 seconds

Results

	Score	Clinical Percentile
Total	73	23.5
Nonacceptance of emotional responses	9	16.9
Difficulty engaging in goal-directed behaviour	10	9.9
Impulse control difficulties	10	30.2
Lack of emotional awareness	17	61.6
Limited access to emotion regulation strategies	14	21.9
Lack of emotional clarity	13	59.7

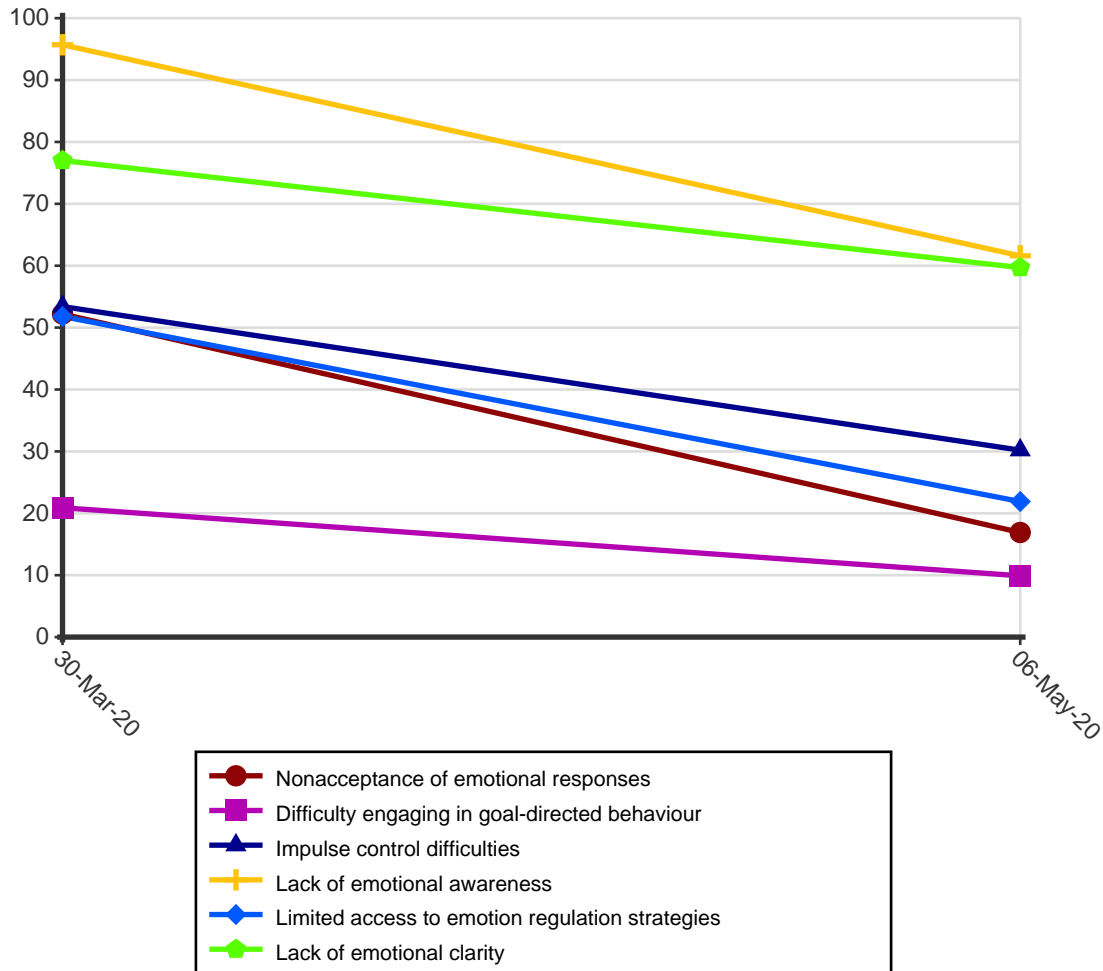
Total Score Percentile Compared to Clinical Sample





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Subscale Percentiles



Scoring and Interpretation Information

Higher scores suggest greater problems with emotion regulation. Scores are presented as a total score as well as a score for each of the 6 subscales. Scores are also presented as a percentile rank, which compares the scores against adults seeking outpatient psychological therapy (Hallion et al., 2018). A percentile of 50 indicates typical scores in comparison to others presenting for treatment, with high (more severe) scores being predictive of bigger treatment gains from CBT.

1. Nonacceptance of emotional responses: 11, 12, 21, 23, 25, 29
2. Difficulty engaging in goal-directed behaviour: 13, 18, 20R, 26, 33
3. Impulse control difficulties: 3, 14, 19, 24R, 27, 32
4. Lack of emotional awareness: 2R, 6R, 8R, 10R, 17R, 34R
5. Limited access to emotion regulation strategies: 15, 16, 22R, 28, 30, 31, 35,



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Scoring and Interpretation Information (cont.)

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6. Lack of emotional clarity: 1R, 4, 5, 7R, 9

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



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Client Responses (cont.)

		Almost Never	Sometimes	About half the time	Most of the time	Almost always
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
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