



### Client Information

<i>Client Name</i>	Generic Client
<i>Date of birth (age)</i>	14 December 1980 (41)

### Assessment Information

<i>Assessment</i>	Difficulties in Emotion Regulation Scale - 16 item version (DERS-16)
<i>Date administered</i>	7 December 2022
<i>Assessor</i>	Dr David Hegarty
<i>Time taken</i>	0 minutes 43 seconds

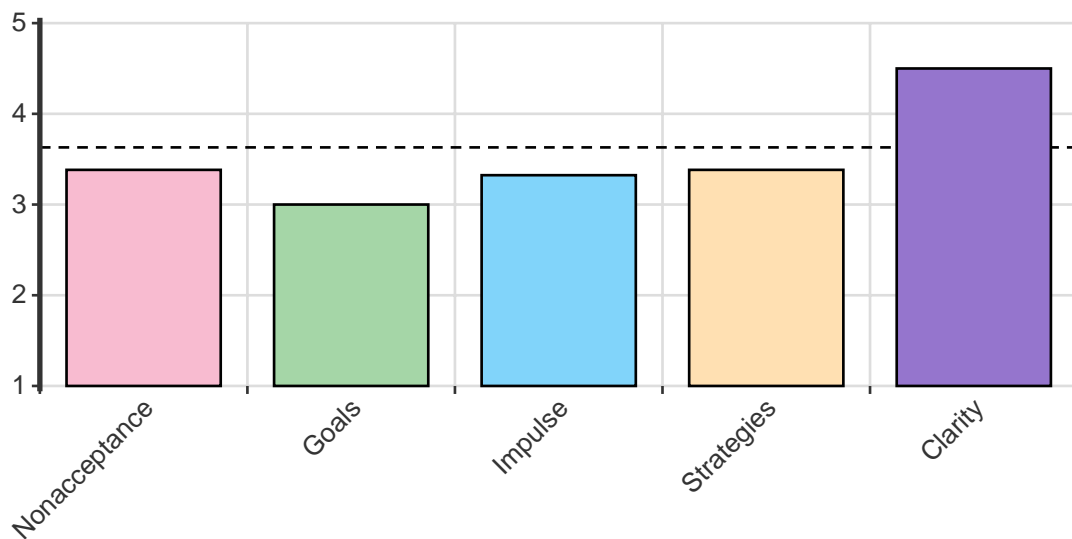
### Results

	Score (16-80)	Normative Percentile	Mean Score (1-5)
Total	58	96.9	3.63

### Subscales

	Score	Mean Score (1-5)
Nonacceptance of emotional responses	17	3.4
Difficulty engaging in goal-directed behaviour	9	3
Impulse control difficulties	10	3.33
Limited access to emotion regulation strategies	17	3.4
Lack of emotional clarity	9	4.5

Subscale Mean Scores





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## Scoring and Interpretation Information

The total score ranges from 16-80 with higher scores indicating more difficulties with emotion regulation.

The normative percentile contextualises the respondent's score in comparison to a community sample of young adult women (Bjureberg et al., 2016). For example, a percentile of 50 would indicate that the client is having an average (and healthy) level of difficulties with emotion regulation. In contrast, a percentile of 90 means the client scored higher than 90 percent of the normative group and would be indicative of significant difficulties with emotion regulation.

The mean score for subscales are presented (from 1-5) to allow for a comparison of the subscale areas (given there are different numbers of questions within each subscale) where higher scores in the subscales is indicative of more difficulties in that area of emotion regulation.

Subscale scores:

1. Nonacceptance of emotional responses (items 9, 10, 13) - a tendency to have a negative secondary or non accepting reaction to one's own distress
2. Difficulty engaging in goal-directed behaviour (items 3, 7, 15) - difficulties in concentrating and/or accomplishing tasks when experiencing negative emotions
3. Impulse control difficulties (items 4, 8, 11) - difficulties remaining in control of one's behaviour when experiencing negative emotions
4. Limited access to emotion regulation strategies (items 5, 6, 12, 14, 16) - the belief that there is little one can do to regulate oneself once upset
5. Lack of emotional clarity (items 1, 2) - reflecting the extent to which an individual knows and is clear about their emotions

A graph is displayed after the initial assessment which shows the average score for the subscales which allows a comparison of relative strengths and weaknesses in the subscale areas. The dotted line on the graph is the total score average which allows for a determination of priority subscale areas that might need to be worked on in therapy (bars above the dotted line) and which aspects might be relative strengths (bars below the dotted line).

After multiple administrations of the DES-16, a graph is displayed to show the change of the normative percentile (total score) over time and also the change in subscales as shown by the mean subscale scores over time.



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**Client Responses**

		Almost Never	Sometimes	About half the time	Most of the time	Almost always
1	I have difficulty making sense out of my feelings	1	2	3	4	5
2	I am confused about how I feel	1	2	3	4	5
3	When I am upset, I have difficulty getting work done	1	2	3	4	5
4	When I am upset, I become out of control	1	2	3	4	5
5	When I am upset, I believe that I will remain that way for a long time	1	2	3	4	5
6	When I am upset, I believe that I'll end up feeling very depressed	1	2	3	4	5
7	When I am upset, I have difficulty focusing on other things	1	2	3	4	5
8	When I am upset, I feel out of control	1	2	3	4	5
9	When I am upset, I feel ashamed with myself for feeling that way	1	2	3	4	5
10	When I am upset, I feel like I am weak	1	2	3	4	5
11	When I am upset, I have difficulty controlling my behaviours	1	2	3	4	5
12	When I am upset, I believe that there is nothing I can do to make myself feel better	1	2	3	4	5
13	When I am upset, I become irritated with myself for feeling that way	1	2	3	4	5
14	When I am upset, I start to feel very bad about myself	1	2	3	4	5
15	When I am upset, I have difficulty thinking about anything else	1	2	3	4	5
16	When I am upset, my emotions feel overwhelming	1	2	3	4	5