



Difficulties in Emotion Regulation Scale - 16 item version (DERS-16)

Instructions:

Please indicate how often the following statements apply to you by selecting the appropriate option for each item.

		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



NovoPsych

Developer Reference:

Bjureberg, J., Ljótsson, B., Tull, M. T., Hedman, E., Sahlin, H., Lundh, L.-G., Bjärehed, J., DiLillo, D., Messman-Moore, T., Gumpert, C. H., & Gratz, K.L. (2016). Development and Validation of a Brief Version of the Difficulties in Emotion Regulation Scale: The DERS-16. *Journal of Psychopathology and Behavioral Assessment*, 1–13. <http://doi.org/10.1007/s10862-015-9514-x>

Administer Now