

Cognitive Emotion Regulation Questionnaire (CERQ)

The CERQ is a self-report tool that measures the cognitive emotion regulation strategies people use after experiencing negative or stressful events. It identifies different ways of cognitively processing emotions, such as rumination, putting into perspective, or catastrophizing, based on nine distinct strategies. The questionnaire is used in clinical and research settings to better understand the mechanisms of emotional adjustment.

Number of questions	36 questions
Estimated duration	15 minutes
Language	English
Original name	Cognitive Emotion Regulation Questionnaire
Target audience	Adults, adolescents
Authors	Nienke K. Garnefski, Vivian Kraaij (2001)
Category	Emotion regulation

Preview of the 36 questions

When I experience negative or unpleasant events...

I feel that I am the one to blame for what happened.

Almost never | Sometimes | Regularly | Often | Almost always

When I experience negative or unpleasant events...

I think I have to accept that it happened.

Almost never | Sometimes | Regularly | Often | Almost always

When I experience negative or unpleasant events...

I often think about how I feel about what I went through.

Almost never | Sometimes | Regularly | Often | Almost always

When I experience negative or unpleasant events...

I think about things that are more pleasant than what I went through.

Almost never | Sometimes | Regularly | Often | Almost always

When I experience negative or unpleasant events...

I think about the best way to proceed.

Almost never | Sometimes | Regularly | Often | Almost always

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each question is scored on a 5-point Likert scale (from 1 = (almost) never to 5 = (almost) always). The score for each subscale (strategy) is obtained by adding up the responses to the 4 corresponding items. A higher score indicates more frequent use of the strategy concerned. The analysis focuses on the profile of adaptive vs. maladaptive strategies.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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“Automatic scoring saves me a huge amount of time, and my patients are far more willing to fill out the questionnaires.”

Samia T. - Online Psychologist