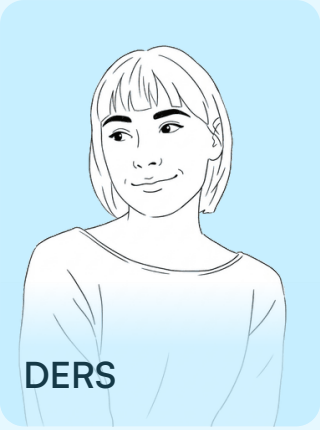


Difficulties in Emotion Regulation Scale (DERS)

The DERS assesses emotion regulation problems across several dimensions, including emotional understanding, acceptance, and the ability to act appropriately when faced with emotions. It is used to identify emotional disorders in adults.

Number of questions	36 questions
Estimated duration	9 minutes
Language	English
Original name	Difficulties in Emotion Regulation Scale
Target audience	Adults, adolescents
Authors	Kim L. Gratz, Lorrine R. Roemer (2013)
Category	Emotion regulation

Preview of the 36 questions

I am clear about my feelings.

Almost never | Sometimes | About half the time | Most of the time | Almost always

I pay attention to how I feel.

Almost never | Sometimes | About half the time | Most of the time | Almost always

I experience my emotions as overwhelming and out of control.

Almost never | Sometimes | About half the time | Most of the time | Almost always

I have no idea how I am feeling.

Almost never | Sometimes | About half the time | Most of the time | Almost always

I have difficulty making sense out of my feelings.

Almost never | Sometimes | About half the time | Most of the time | 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 item is rated from 1 (*almost never*) to 5 (*almost always*). Responses are summed: the higher the score, the greater the difficulties in emotion regulation. The total score ranges from 36 to 180, and six subscales make it possible to target specific areas.

Subscales (item numbers)

- **Nonacceptance of emotional responses:** 11, 12, 21, 23, 25, 29
- **Difficulties engaging in goal-directed behavior:** 13, 18, 20, 26, 33
- **Impulse control difficulties:** 3, 14, 19, 24, 27, 32
- **Lack of emotional awareness:** 2, 6, 8, 10, 17, 34
- **Limited access to emotion regulation strategies:** 15, 16, 22, 28, 30, 31, 35, 36
- **Lack of emotional clarity:** 1, 4, 5, 7, 9

Reverse-scored items: 1, 2, 6, 7, 8, 10, 17, 20, 22, 24, 34

Scoring example

Scoring

TOTAL SCORE

96 / 180

- High score (≈ 83rd percentile)
- Community mean: 74.9 / 180

36 — 38	Very low (≤ 5th pct)
39 — 60	Low (6-25th pct)
61 — 90	Average (26-75th pct)
91 — 112	**High (76-95th pct)** ◀ 96
113 — 180	Very high (≥ 96th pct)

SUBSCALES

Nonacceptance of emotional responses ⚠ — 20 / 30

Secondary negative reactions to one's own emotions (shame, guilt, anger at oneself)

- High score (≈ 94th percentile)
- Community mean: 12.0 / 30

Difficulties engaging in goal-directed behavior — 13 / 25

Difficulty concentrating and getting tasks done when emotionally distressed

- Average score (≈ 47th percentile)
- Community mean: 13.4 / 25

Impulse control difficulties ⚠ — 15 / 30

Difficulty staying in control of one's behavior during negative emotions

- High score (≈ 85th percentile)
- Community mean: 10.0 / 30

Lack of emotional awareness — 13 / 30

Tendency not to pay attention to or acknowledge one's emotions

- Average score (≈ 45th percentile)
- Community mean: 13.6 / 30

Limited access to emotion regulation strategies — 19 / 40

Belief that there is little one can do to regulate emotions effectively once upset

- Average score (≈ 70th percentile)
- Community mean: 15.6 / 40

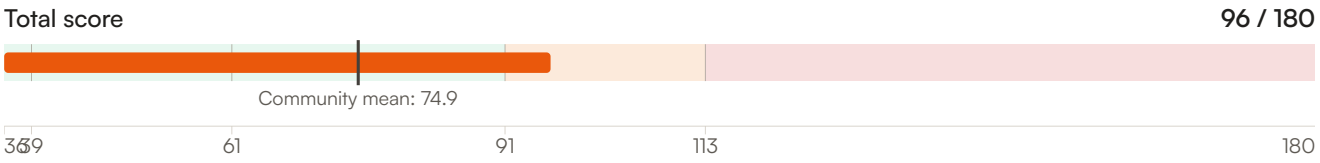
Lack of emotional clarity ⚠ — 16 / 25

Difficulty identifying and clearly understanding the emotions one feels

- Very high score (≈ 96th percentile)
- Community mean: 10.1 / 25

Percentiles and descriptors (Very low ≤ 5th • Low 6-25th • Average 26-75th • High 76-95th • Very high ≥ 96th) relative to an adult community sample (N = 797; Kaufman et al., 2015). The ⚠ flags an elevated subscale (≥ 76th percentile).

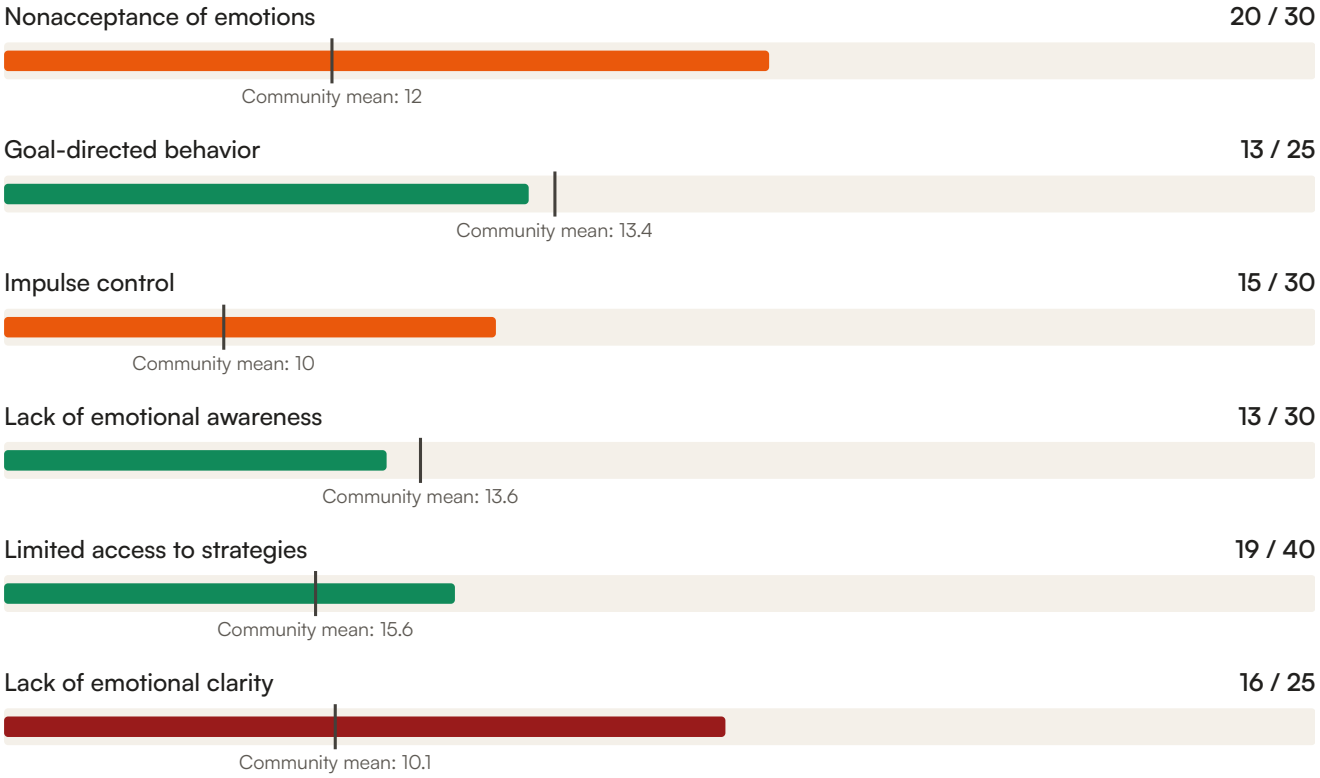
TOTAL SCORE



Very low (≤ 5th pct) (36 to 38) Low (6-25th pct) (39 to 60) Average (26-75th pct) (61 to 90)
High (76-95th pct) (91 to 112) Very high (≥ 96th pct) (113 to 180)

Percentile steps relative to an adult community sample (N = 797); the line marks the mean.

SUBSCALES



Within norms (≤ 75th) High (76-95th) Very high (≥ 96th)

The DERS publishes no cutoff per subscale: the line marks the community mean, and elevation is flagged from the 76th percentile, as in the scoring.

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