EDS

Emotion Dysregulation Scale (EDS)

The EDS is a self-report questionnaire designed to measure emotion dysregulation in adults. It explores difficulty identifying, understanding, tolerating and modulating one's emotions, as well as the tendency to feel overwhelmed by them or to react ineffectively under emotional stress. Used in clinical practice and research, particularly in contexts of trauma, borderline symptoms, anxiety, depression or posttraumatic stress, it provides a useful dimensional estimate of the severity of emotion regulation difficulties.

Number of questions	24 questions
Estimated duration	7 minutes
Language	English
Original name	Emotion Dysregulation Scale
Target audience	Adults
Authors	Bekh Bradley, John A. DeFife, Christine Guarnaccia, Jessica Phifer, Nadine Fani, Kerry J. Ressler, Drew Westen (2011)
Category	Emotion regulation

Preview of the 24 questions

It's often hard for me to calm down when I'm upset

1 - Not true | 2 | 3 | 4 | 5 | 6 | 7 - Very true

When I am feeling bad, I have trouble remembering anything positive, everything just seems bad

1 - Not true | 2 | 3 | 4 | 5 | 6 | 7 - Very true

Emotions overwhelm me

1 - Not true | 2 | 3 | 4 | 5 | 6 | 7 - Very true

When I'm upset, I feel all alone in the world

1 - Not true | 2 | 3 | 4 | 5 | 6 | 7 - Very true

When I'm upset, I have trouble remembering that people care about me

1 - Not true | 2 | 3 | 4 | 5 | 6 | 7 - Very true

Scoring & interpretation

The 24 items are rated on a 7-point Likert scale. The total score is obtained by summing the responses; a higher score indicates greater emotion dysregulation. Depending on the version used, factor subscores may also be examined, but clinical interpretation relies mainly on the overall score, the symptom profile and comparison with the available normative or research data. This tool alone cannot establish a diagnosis.