

Emotion Regulation Checklist (ERC)

The ERC is a questionnaire used to assess emotion regulation and problems with emotional expression in children, based on observations by their parents or teachers. It includes two main dimensions: emotion regulation and lability/negativity. This tool is useful for the early detection of emotional difficulties and for guiding therapeutic interventions.

Number of questions	24 questions
Estimated duration	6 minutes
Language	English
Original name	Emotion Regulation Checklist
Target audience	Children, parents/teachers
Authors	Annette M. Shields, Dante Cicchetti (1997)
Category	Emotion regulation, Childhood

Preview of the 24 questions

How often would you say your child:

Is a happy child

Never | Sometimes | Often | Almost always

How often would you say your child:

Shows big swings in mood

(The child's emotional state is hard to predict because it shifts quickly from a positive mood to a negative one)

Never | Sometimes | Often | Almost always

How often would you say your child:

Responds positively when an adult approaches them in a neutral or friendly way

Never | Sometimes | Often | Almost always

How often would you say your child:

Handles transitions from one activity to another well

(does not get angry or irritated, and is not distressed or overexcited when switching between activities)

Never | Sometimes | Often | Almost always

How often would you say your child:

Recovers quickly from episodes of distress or annoyance

(e.g., does not pout, does not sulk, and does not stay sullen, anxious, or sad after emotionally difficult events)

Never | Sometimes | Often | Almost always

Scoring & interpretation

Each item is rated on a Likert-type scale (from 1 = never to 4 = almost always).

The total score is divided into two subscales:

- Emotion Regulation (sum of items 1, 3, 7, 15, 21, 23, with items 16 and 18 reversed)
- Lability/Negativity (sum of items 2, 6, 8, 10, 13, 14, 17, 19, 20, 22, 24, with items 4, 5, 9, and 11 reversed).

High scores on the Emotion Regulation subscale indicate good emotional control.

High scores on Lability/Negativity indicate difficulties.