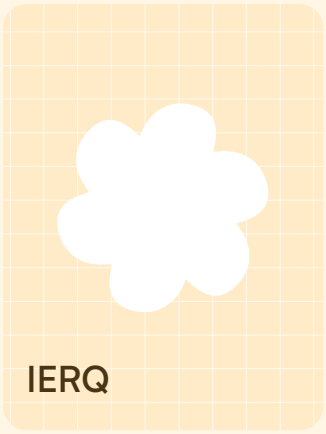



# Interpersonal Emotion Regulation Questionnaire (IERQ)

The IERQ is a brief self-report questionnaire designed to measure how a person uses others to regulate their own emotions. It assesses four distinct interpersonal strategies: enhancing positive affect, perspective taking, soothing and social modeling. The tool is mainly relevant for adults in clinical psychology and research, to explore the use of relational resources in emotion management, particularly in relation to anxiety, depression, attachment and social functioning.

| | |
|---|---|
| Number of questions | 20 questions |
| Estimated duration | 5 minutes |
| Language | English |
| Original name | Interpersonal Emotion Regulation Questionnaire |
| Target audience | Adults |
| Authors | Stefan G. Hofmann, Joseph K. Carpenter, Joshua Curtiss (2016) |
| Category | Emotion regulation |

## Preview of the 20 questions

It makes me feel better to learn how others dealt with their emotions.

Not true for me at all | A little bit | Moderately | Quite a bit | Extremely true for me

It helps me deal with my depressed mood when others point out that things aren't as bad as they seem.

Not true for me at all | A little bit | Moderately | Quite a bit | Extremely true for me

I like being around others when I'm excited to share my joy.

Not true for me at all | A little bit | Moderately | Quite a bit | Extremely true for me

I look for other people to offer me compassion when I'm upset.

Not true for me at all | A little bit | Moderately | Quite a bit | Extremely true for me

Hearing another person's thoughts on how to handle things helps me when I am worried.

Not true for me at all | A little bit | Moderately | Quite a bit | Extremely true for me

### 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 scored from 1 to 5, with no reverse scoring. The subscales are calculated by summing the following items: enhancing positive affect (3, 6, 8, 13, 18), perspective taking (2, 7, 10, 14, 17), soothing (4, 9, 12, 16, 19) and social modeling (1, 5, 11, 15, 20). Each subscore ranges from 5 to 25; a high score indicates more frequent use of the corresponding strategy. Standard interpretation is based on the profile of the four subscales; the original development article does not provide validated clinical diagnostic cutoffs.


## Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free | See all questionnaires

★★★★★

“Reliable, relevant assessments to better understand my patients' psychological state”

Benjamin G. - Occupational Psychologist