



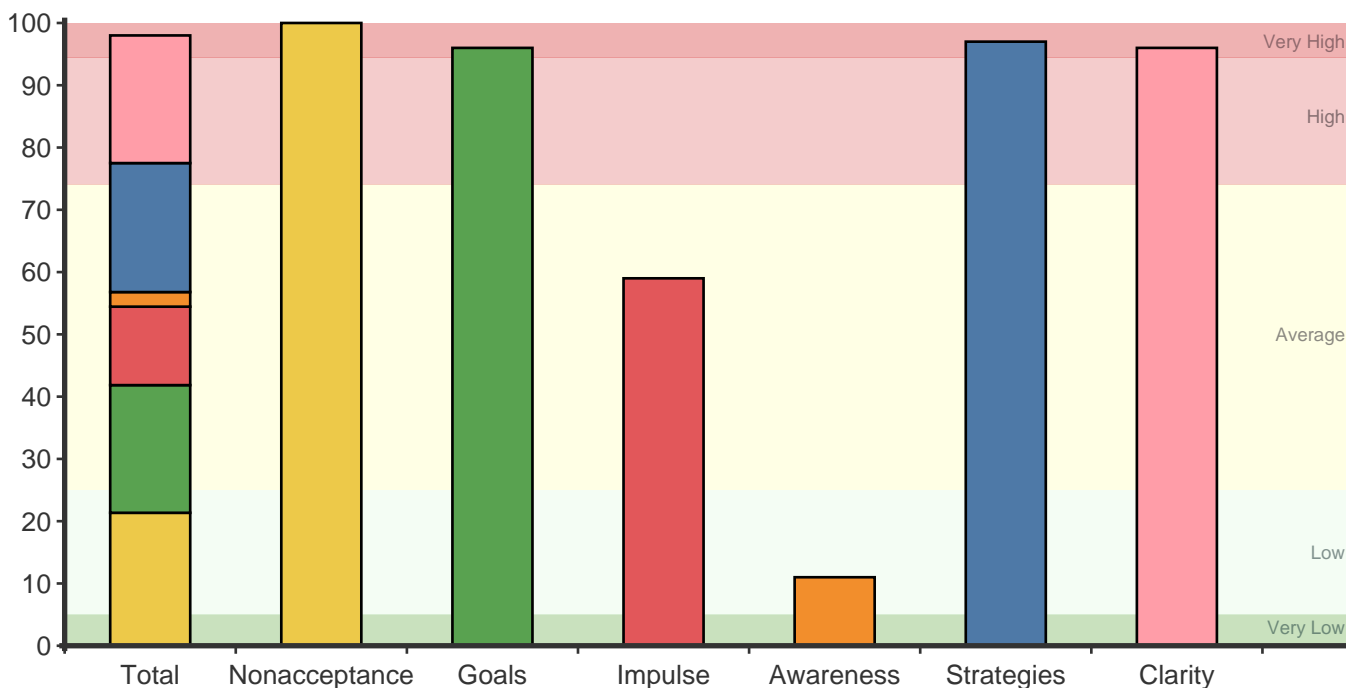
## Difficulties in Emotion Regulation Scale (DERS)

<i>Client Name</i>	Chrissy Foreman	<i>Date administered</i>	30 Jun 2025
<i>Date of birth (age)</i>	23 Oct 1979 (45)	<i>Time taken</i>	3 min 9s
<i>Assessor</i>	Kimmy Lane		

## Results

	Raw Score	Community percentile	Clinical percentile	Descriptor
Total	114	98	86	Very High
Nonacceptance of emotional responses	25	100	96	Very High
Difficulty engaging in goal-directed behaviour	23	96	96	Very High
Impulse control difficulties	12	59	45	Average
Lack of emotional awareness	9	11	9	Low
Limited access to emotion regulation strategies	28	97	87	Very High
Lack of emotional clarity	17	96	89	Very High

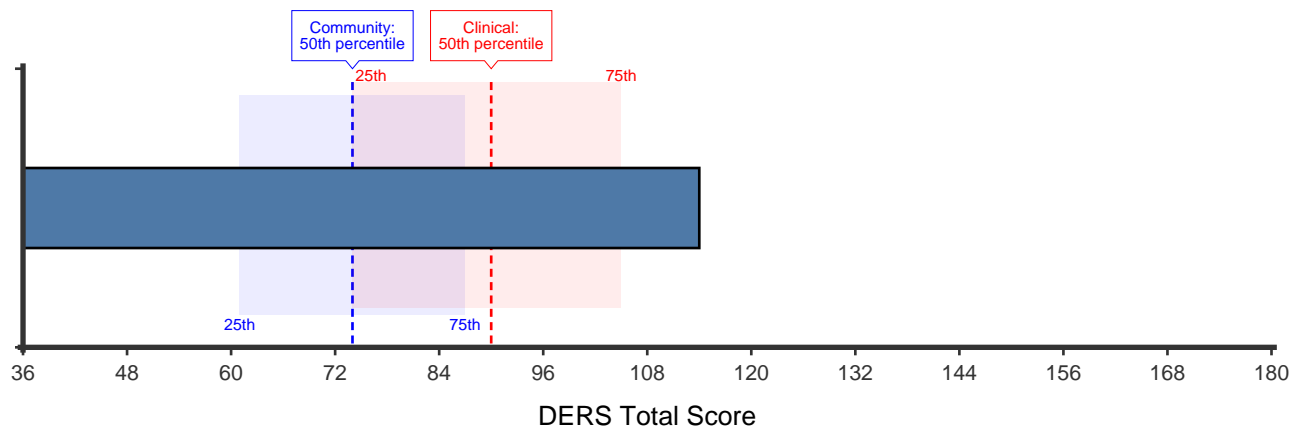
## DERS Community Percentiles





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### DERS Score Compared to Community and Clinical Populations



### Interpretation

The client's score indicates substantial difficulties with emotion regulation compared to peers. These individuals likely experience pervasive challenges across multiple domains of emotion regulation that may significantly impact their functioning. Their score is higher than 98% of the general population and 86% of individuals in clinical settings.

Responses to the following items contributed to the client's very high score:

- 7. *I know exactly how I am feeling (Almost Never)*
- 12. *When I'm upset, I become embarrassed for feeling that way (Almost always)*
- 13. *When I'm upset, I have difficulty getting work done (Almost always)*
- 15. *When I'm upset, I believe that I will remain that way for a long time (Almost always)*
- 18. *When I'm upset, I have difficulty focusing on other things (Almost always)*

#### Area(s) of Difficulty:

The responses on the Non-acceptance subscale indicate strong negative secondary reactions to their own emotions, often feeling guilty, ashamed, embarrassed, or angry at themselves for experiencing negative emotions. Their score is on the 100th percentile when compared to a community adult sample. In therapy, this individual may benefit from psychoeducation about secondary emotions followed by self-compassion exercises. ACT-based acceptance strategies and trauma-informed approaches could help build emotional tolerance when appropriate.

*Items with the highest ratings were:*

- 12. *When I'm upset, I become embarrassed for feeling that way (Almost always)*
- 23. *When I'm upset, I feel like I am weak (Almost always)*

The responses on the Strategies subscale indicate limited access to strategies to manage emotions when upset and a strong belief that little can be done to feel better once distressed. Their score is on the 97th percentile when compared to a community adult sample. In therapy, this individual may benefit from a skills-focus to develop emotion regulation and coping



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## Interpretation (cont.)

strategies, such as relaxation techniques, grounding strategies or skills to adaptively discharge or dampen emotional states.

*Items with the highest ratings were:*

- 15. *When I'm upset, I believe that I will remain that way for a long time (Almost always)*
- 36. *When I'm upset, my emotions feel overwhelming (Almost always)*

## Scoring and Interpretation Information

For comprehensive information on the DERS, [see here](#).

Total raw scores range from 36-180, with higher scores indicating greater difficulties in emotion regulation. Subscale raw scores have several ranges listed below:

-Non-acceptance (6 items: 11, 12, 21, 23, 25, 29): The Nonacceptance of Emotional Responses subscale assesses negative secondary responses to negative emotions and non-accepting reactions to distress (range 6-30)

-Goals (5 items: 13, 18, 20, 26, 33): The Difficulties Engaging in Goal-Directed Behavior subscale measures difficulties concentrating and accomplishing tasks when experiencing negative emotions (range 5-25)

-Impulse (6 items: 3, 14, 19, 24, 27, 32): The Impulse Control Difficulties subscale reflects difficulties remaining in control of behaviour when experiencing negative emotions (range 6-30)

-Awareness (6 items: 2, 6, 8, 10, 17, 34): The Lack of Emotional Awareness subscale focuses on inattention to and lack of awareness of emotional responses (range 6-30)

-Strategies (8 items: 15, 16, 22, 28, 30, 31, 35, 36): The Limited Access to Emotional Regulation Strategies subscale assesses the belief that little can be done to regulate emotions effectively when upset (range 8-40)

-Clarity (5 items: 1, 4, 5, 7, 9): The Lack of Emotional Clarity subscale reflects the degree to which individuals know and understand the emotions they experience (range 5-25)

On first administration, a stacked bar graph shows the total and each of the six subscale scores in community percentiles. Percentiles give context to a client's score, showing how they compare to their peers. For example, a percentile of 50 represents the typical level of difficulties with emotional regulation among adults in the community. A horizontal comparison graph is also presented showing where a respondent's score is in comparison to the normative and clinical samples.

When administered more than once, a line graph is presented for the raw total score with clinical percentile labels on the right. A second line graph is presented plotting each of the six subscales in clinical percentiles. Significant improvements or deterioration in the total score is indicated by shifts of half a standard deviation or greater (approximately 9 total score points or more)



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## Scoring and Interpretation Information (cont.)

following the guidelines of the Minimally Important Difference (Turner et al., 2010).

Severity categories were created based on community percentiles derived from the combined community sample:

-Percentiles 1st-5th = "Very Low"

-Percentiles 6th-25th = "Low"

-Percentiles 26th-75th = "Average"

-Percentiles 76th-95th = "High"

-Percentiles 96th+ = "Very High"

## Client Responses

		Almost Never	Sometimes	About half the time	Most of the time	Almost always
1	I am clear about my feeling	5	4	3	2	1
2	I pay attention to how I feel	5	4	3	2	1
3	I experience my emotions as overwhelming and out of control	1	2	3	4	5
4	I have no idea how I am feeling	1	2	3	4	5
5	I have difficulty making sense out of my feelings	1	2	3	4	5
6	I am attentive to my feelings	5	4	3	2	1
7	I know exactly how I am feeling	5	4	3	2	1
8	I care about what I am feeling	5	4	3	2	1
9	I am confused about how I feel	1	2	3	4	5
10	When I'm upset, I acknowledge my emotions	5	4	3	2	1
11	When I'm upset, I become angry with myself for feeling that way	1	2	3	4	5
12	When I'm upset, I become embarrassed for feeling that way	1	2	3	4	5



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### Client Responses (cont.)

		Almost Never	Sometimes	About half the time	Most of the time	Almost always
13	When I'm upset, I have difficulty getting work done	1	2	3	4	5
14	When I'm upset, I become out of control	1	2	3	4	5
15	When I'm upset, I believe that I will remain that way for a long time	1	2	3	4	5
16	When I'm upset, I believe that I'll end up feeling very depressed	1	2	3	4	5
17	When I'm upset, I believe that my feelings are valid and important	5	4	3	2	1
18	When I'm upset, I have difficulty focusing on other things	1	2	3	4	5
19	When I'm upset, I feel out of control	1	2	3	4	5
20	When I'm upset, I can still get things done	5	4	3	2	1
21	When I'm upset, I feel ashamed with myself for feeling that way	1	2	3	4	5
22	When I'm upset, I know that I can find a way to eventually feel better	5	4	3	2	1
23	When I'm upset, I feel like I am weak	1	2	3	4	5
24	When I'm upset, I feel like I can remain in control of my behaviours	5	4	3	2	1
25	When I'm upset, I feel guilty for feeling that way	1	2	3	4	5
26	When I'm upset, I have difficulty concentrating	1	2	3	4	5
27	When I'm upset, I have difficulty controlling my behaviours	1	2	3	4	5
28	When I'm upset, I believe that there is nothing I can do to make myself feel better	1	2	3	4	5
29	When I'm upset, I become irritated with myself for feeling that way	1	2	3	4	5
30	When I'm upset, I start to feel very bad about myself	1	2	3	4	5
31	When I'm upset, I believe that wallowing in it is all I can do	1	2	3	4	5



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### Client Responses (cont.)

		Almost Never	Sometimes	About half the time	Most of the time	Almost always
32	When I'm upset, I lose control over my behaviours	1	2	3	4	5
33	When I'm upset, I have difficulty thinking about anything else	1	2	3	4	5
34	When I'm upset I take time to figure out what I'm really feeling.	5	4	3	2	1
35	When I'm upset, it takes me a long time to feel better	1	2	3	4	5
36	When I'm upset, my emotions feel overwhelming	1	2	3	4	5