

Client Information

<i>Client Name</i>	Demo Client
<i>Date of birth (age)</i>	16 April 1990 (30)

Assessment Information

<i>Assessment</i>	Difficulties in Emotion Regulation Scale (DERS)
<i>Date administered</i>	5 October 2020
<i>Assessor</i>	Mr Demo Account
<i>Time taken</i>	5 minutes 27 seconds

Results

	Score	Clinical Percentile
Total	114	86.2
Nonacceptance of emotional responses	18	71.3
Difficulty engaging in goal-directed behaviour	17	64.6
Impulse control difficulties	17	81.3
Lack of emotional awareness	24	95.7
Limited access to emotion regulation strategies	24	72.3
Lack of emotional clarity	14	68.9

Scoring and Interpretation Information

Higher scores suggest greater problems with emotion regulation. Scores are presented as a total score as well as a score for each of the 6 subscales. Scores are also presented as a percentile rank, which compares the scores against adults seeking outpatient psychological therapy (Hallion et al., 2018). A percentile of 50 indicates typical scores in comparison to others presenting for treatment, with high (more severe) scores being predictive of bigger treatment gains from CBT.

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

Client Responses

Client Name	Demo Client
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		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
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

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Client Responses (cont.)

		Almost Never	Sometimes	About half the time	Most of the time	Almost always
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
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