

Client Information

<i>Client Name</i>	Demo Client
<i>Date of birth (age)</i>	01 January 1990 (31)

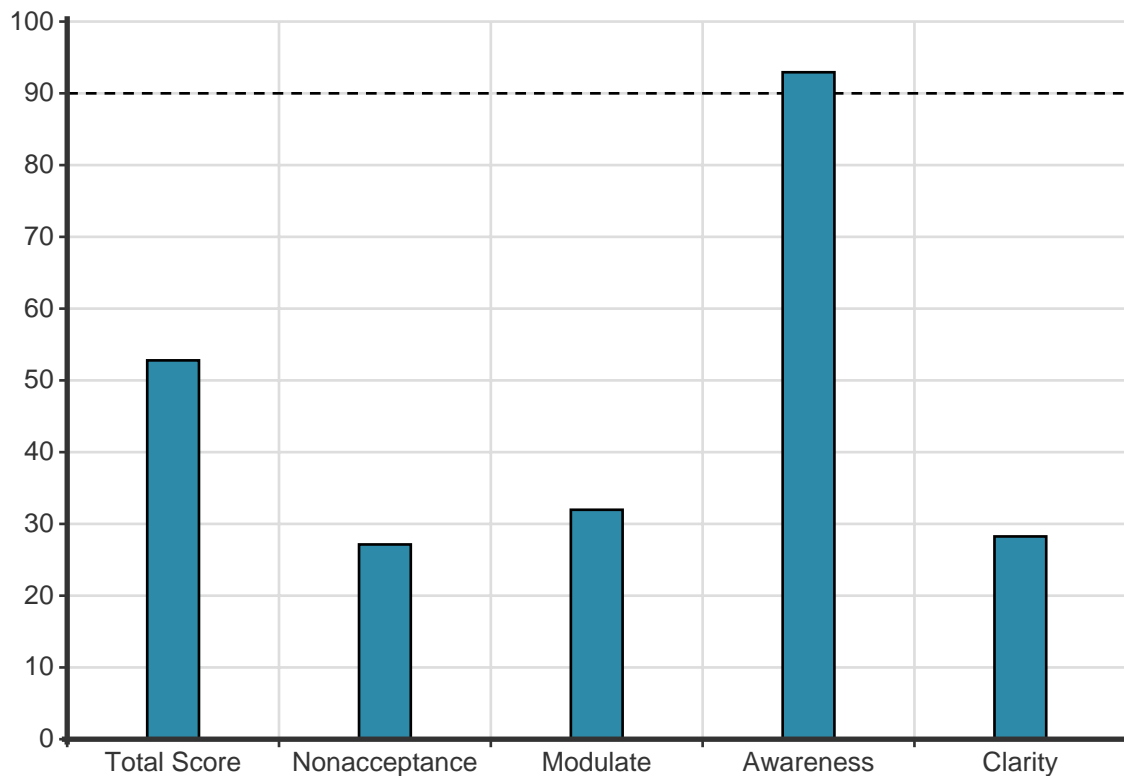
Assessment Information

<i>Assessment</i>	State Difficulties in Emotion Regulation Scale (S-DERS)
<i>Date administered</i>	31 October 2021
<i>Assessor</i>	Mr Demo Account
<i>Time taken</i>	1 minutes 26 seconds

Results

	Raw Score	Community Percentile
Total Score (21-105)	37	52.9
Nonacceptance of emotional responses (7-35)	7	27.4
Difficulties modulating emotions (7-35)	8	32.2
Lack of emotional awareness (5-25)	20	93
Lack of emotional clarity (2-10)	2	28.4

Percentiles Compared to Community



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Scoring and Interpretation Information

Items are summed to obtain total score, where higher scores are indicative of more problems with emotion regulation. Scores are also presented for each of the four subscales:

- Nonacceptance: negative responses to and perceptions of one's current emotional state (items 1, 4, 5, 8, 12, 18, 20)
- Modulate: difficulties modulating emotional and behavioral responses in the moment (items 3, 9, 10, 13, 15, 17, 21)
- Awareness: limited awareness and attention to current emotional states (items 2, 6, 11, 16, 19)
- Clarity: problems with identifying emotional states (items 7, 14)

Percentiles are presented to indicate how scores on the S-DERS compare to the community sample of women (Lavender et al., 2017). Higher percentiles indicate more difficulties. For example, a percentile of 90 (raw score of 50) indicates that an individual has more problems with emotion regulation than 90 percent of women in the community. A percentile of below, for example, 40 would indicate below average problems with emotion regulation and that the person has effective coping strategies.

Client Responses

		Not at all	Somewhat	Moderately	Very Much	Completely
1	I feel guilty for feeling this way	1	2	3	4	5
2	I am paying attention to how I feel	5	4	3	2	1
3	I feel out of control	1	2	3	4	5
4	I am embarrassed for feeling this way	1	2	3	4	5
5	I am feeling very bad about myself	1	2	3	4	5
6	I am acknowledging my emotions	5	4	3	2	1
7	I have no idea how I am feeling	1	2	3	4	5
8	I feel ashamed with myself for feeling this way	1	2	3	4	5

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Client Responses (cont.)

		Not at all	Somewhat	Moderately	Very Much	Completely
9	I am having difficulty doing the things I need to do right now	1	2	3	4	5
10	I believe that I will continue feeling this way for a long time	1	2	3	4	5
11	I care about what I am feeling	5	4	3	2	1
12	I am angry with myself for feeling this way	1	2	3	4	5
13	I am having difficulty controlling my behaviors	1	2	3	4	5
14	I am confused about how I feel	1	2	3	4	5
15	I believe that I am going to end up feeling very depressed	1	2	3	4	5
16	I am taking time to figure out what I am really feeling	5	4	3	2	1
17	My emotions feel out of control	1	2	3	4	5
18	I am irritated with myself for feeling this way	1	2	3	4	5
19	I believe that my feelings are valid and important	5	4	3	2	1
20	I feel like I'm a weak person for feeling this way	1	2	3	4	5
21	My emotions feel overwhelming	1	2	3	4	5