



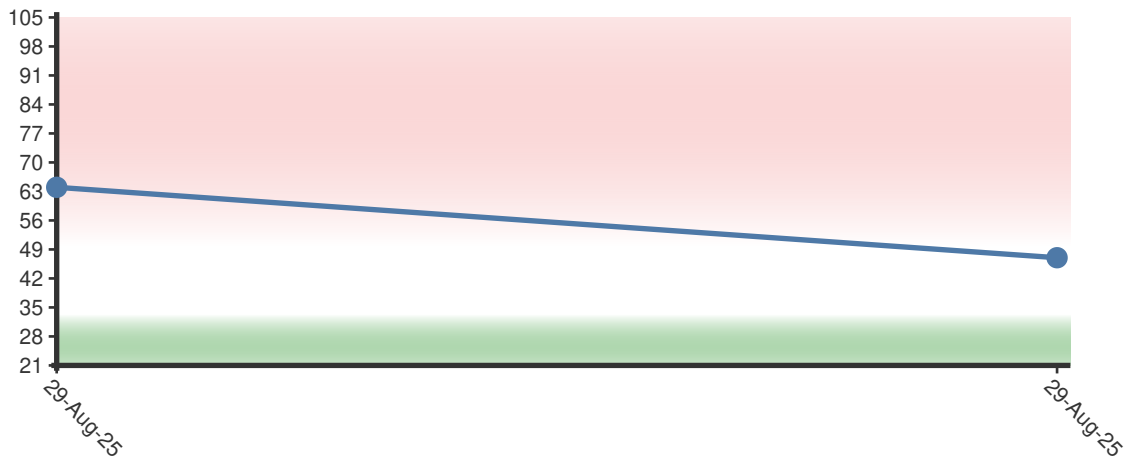
### State Difficulties in Emotion Regulation Scale (S-DERS)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	29 Aug 2025
<i>Date of birth (age)</i>	1 Jan 1990 (35)	<i>Time taken</i>	1 min 25s
<i>Assessor</i>	Dr Simon Baker		

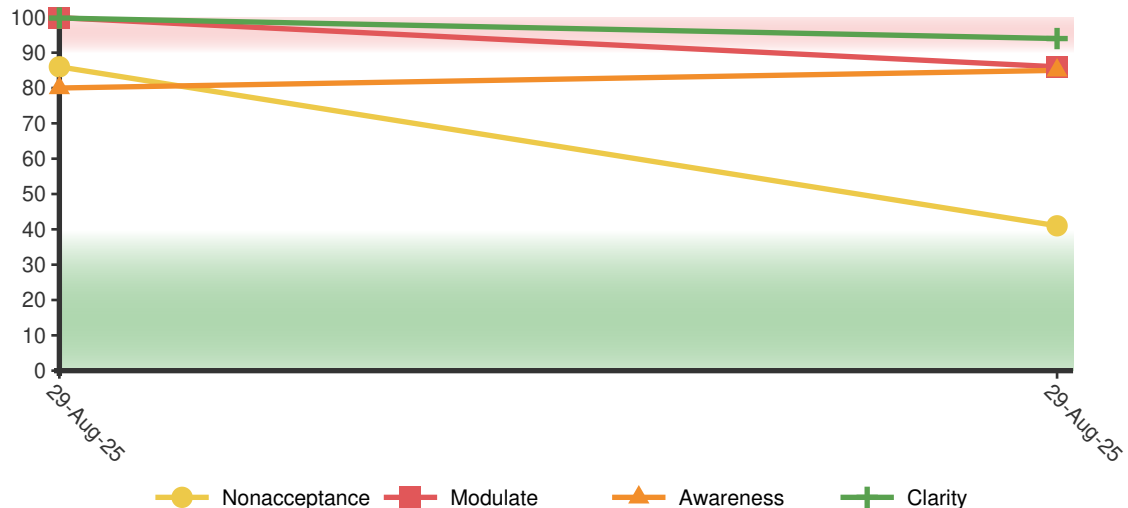
### Results

	Raw Score	Community Percentile
Total Score (21-105)	47	84
Nonacceptance of emotional responses (7-35)	9	41
Difficulties modulating emotions (7-35)	15	86
Lack of emotional awareness (5-25)	18	85
Lack of emotional clarity (2-10)	5	94

**S-DERS Total Score**



**S-DERS Subscale Community Percentiles**





**Client Name** | Generic Client

## Scoring and Interpretation Information

For comprehensive information on the State Difficulties in Emotion Regulation Scale (S-DERS), [see here](#).

The State Difficulties in Emotion Regulation Scale (S-DERS) yields a total score ranging from 21 to 105, with higher scores indicating greater difficulties with emotion regulation in the moment, as well as four subscale scores:

- Nonacceptance (Items 1, 7, 8, 12, 17, 24, and 27): Reflects shame, guilt, and negative judgements about current emotions
- Modulate (Items 4, 14, 15, 18, 21, 23, and 28): Captures difficulties controlling emotional intensity and maintaining goal-directed behaviour
- Awareness (Items 3, 10, 16, 22, and 26, all reverse-scored): Measures attention to and acknowledgement of emotional states
- Clarity (Items 11 and 19): Assesses confusion about current emotional experiences

Percentiles are provided based on normative data from a community sample of young adult women (Lavender et al., 2015), contextualising the respondent's scores relative to the typical scores of those in the community. Higher percentiles indicate greater emotion regulation difficulties relative to the community sample. For instance:

- Scores on or above the 90th percentile (e.g., a total score of around 50) indicate more severe state-based emotion regulation difficulties than 90% of the community sample.
- Scores on or below the 40th percentile suggest relatively effective state-based emotion regulation capabilities.

Subscale percentiles help identify specific areas of difficulty, guiding targeted therapeutic intervention strategies.

When interpreting scores, it is recommended to consider the context in which the S-DERS was administered, as scores may vary substantially depending on recent stressors, emotional triggers, or therapeutic activities preceding assessment.

## 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



**Client Name** | Generic Client

### Client Responses (cont.)

		Not at all	Somewhat	Moderately	Very Much	Completely
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
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