

ART-S & ERSQ	(Code-) Name: _____	Age: _____
Version SR 2010/2	Occupation: _____	Sex: _____

Dear Participant,

Below, are some statements about a variety of emotions you may have experienced in the last week and about how you dealt with these emotions. Please fill in the circle for the answer that fits the best for you. Don't spend a lot of time on each question. The first answer that comes to your mind is probably the best.

1. Emotions & Mood: In the last week I felt ...

		not at all	rarely	some-times	often	almost always			not at all	rarely	some-times	often	almost always
1	courageous:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	26	sad:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
2	worthless:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	27	disappointed:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
3	thankful:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	28	confident:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
4	active:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	29	cozy:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
5	interested:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	30	alarmed:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
6	excited:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	31	depressed:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
7	strong:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	32	unhappy:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
8	inspired:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	33	tense:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
9	proud:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	34	stressed:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
10	enthusiastic:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	35	hopeless:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
11	alert:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	36	optimistic:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
12	determined:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	37	anxious:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
13	attentive:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	38	disgusted:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
14	distressed:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	39	humiliated:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
15	upset:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	40	valuable:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
16	guilty:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	41	balanced:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
17	scared:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	42	content:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
18	hostile:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	43	satisfied:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
19	irritable:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	44	jealous:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
20	ashamed:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	45	love:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
21	nervous:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	46	peaceful:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
22	jittery:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	47	calm:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
23	afraid:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	48	envious:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
24	safe:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	49	happy:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄
25	embarrassed:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄	50	relaxed:	<input type="radio"/> O ₀	<input type="radio"/> O ₁	<input type="radio"/> O ₂	<input type="radio"/> O ₃	<input type="radio"/> O ₄

2. Dealing with emotions: In the last week ...		not at all	rarely	sometimes	often	almost always
1.)	... I was able to consciously pay attention to my feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
2.)	... I could consciously bring about positive feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
3.)	... I understood my emotional reactions.	O ₀	O ₁	O ₂	O ₃	O ₄
4.)	... I could endure my negative feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
5.)	... I was able to accept my negative feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
6.)	... I could have labeled my feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
7.)	... I had a clear physical perception of my feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
8.)	... I did what I wanted to do, even if I had to face negative feelings on the way.	O ₀	O ₁	O ₂	O ₃	O ₄
9.)	... I tried to reassure myself during distressing situations.	O ₀	O ₁	O ₂	O ₃	O ₄
10.)	... I was able to influence my negative feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
11.)	... I knew what my feelings meant.	O ₀	O ₁	O ₂	O ₃	O ₄
12.)	... I could focus on my negative emotions if necessary.	O ₀	O ₁	O ₂	O ₃	O ₄
13.)	... I knew what emotions I was feeling in the moment.	O ₀	O ₁	O ₂	O ₃	O ₄
14.)	... I consciously noticed when my body reacted towards emotionally charged situations in a particular way.	O ₀	O ₁	O ₂	O ₃	O ₄
15.)	... I tried to cheer myself up in emotionally distressing situations.	O ₀	O ₁	O ₂	O ₃	O ₄
16.)	... I did what I intended to do despite my negative feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
17.)	... I was OK with my feelings, even if they were negative.	O ₀	O ₁	O ₂	O ₃	O ₄
18.)	... I was certain that I would be able to tolerate even intense negative feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
19.)	... I was able to experience my feelings consciously.	O ₀	O ₁	O ₂	O ₃	O ₄
20.)	... I was aware of why I felt the way I felt.	O ₀	O ₁	O ₂	O ₃	O ₄
21.)	... I knew that I was able to influence my feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
22.)	... I pursued goals that were important to me, even if I thought that doing so would trigger or intensify negative feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
23.)	... I was able to experience my negative feelings without immediately trying to fight them off.	O ₀	O ₁	O ₂	O ₃	O ₄
24.)	... my physical sensations were a good indication of how I was feeling.	O ₀	O ₁	O ₂	O ₃	O ₄
25.)	... I was clear about what emotions I was experiencing.	O ₀	O ₁	O ₂	O ₃	O ₄
26.)	... I could tolerate my negative feelings.	O ₀	O ₁	O ₂	O ₃	O ₄
27.)	... I supported myself in emotionally distressing situations.	O ₀	O ₁	O ₂	O ₃	O ₄

Thank you!

Scoring Instructions for ERSQ

#	Scale	Items	Computation
1	Attention toward feelings	1, 12, 19	mean score
2	Body perception of feelings	7, 14, 24	mean score
3	Clarity of feelings	6, 13, 25	mean score
4	Understanding of feelings	3, 11, 20	mean score
5	Acceptance of feelings	5, 17, 23	mean score
6	Resilience: Tolerate and endure feelings	4, 18, 26	mean score
7	Readiness to confront undesired emotions (if necessary to attain personally important goals)	8, 16, 22	mean score
8	Self-support	9, 15, 27	mean score
9	Modification	2, 10, 21	mean score
10	Total of emotion regulation skills	1-27	mean score

See section 3.3 for applicable references on the ERSQ.