

Emotion Regulation Questionnaire Erq Scoring Guidance

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The Emotion Regulation Questionnaire for Children and Adolescents (ERQ-CA; Gullone & Taffe, 2011) The ERQ-CA is a 10-item child-report questionnaire based on the original adult version by Gross & John (2003) deemed suitable for use with children and adolescents aged 10-18 years.

Using the Cognitive Emotion Regulation Questionnaire (ERQ)

The Emotion Regulation Questionnaire (ERQ) is a 10-item self-report scale designed to assess habitual use of two commonly used strategies to alter emotion: cognitive reappraisal and expressive suppression. Participants respond to each item using a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree).

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