

TABLE 1 | Promax-rotated, Principal Components Analysis of the CCFQ in a student and community sample.

Item	Student sample		Community sample	
	Cognitive control over emotion	Appraisal and coping flexibility	Cognitive control over emotion	Appraisal and coping flexibility
(1) I get easily distracted by upsetting thoughts or feelings.* (11)	0.89	−0.14	0.82	0.07
(2) My thoughts and emotions interfere with my ability to concentrate.* (16)	0.85	−0.16	0.92	−0.13
(3) I have a hard time managing my emotions.* (15)	0.81	0.01	0.82	0.03
(4) It's hard for me to shift my attention away from negative thoughts or feelings.* (18)	0.81	−0.02	0.83	0.02
(5) I feel like I lose control over my thoughts and emotions.* (2)	0.74	0.11	0.82	0.02
(6) It is easy for me to ignore distracting thoughts. (8)	0.72	−0.05	0.45	0.23
(7) It's difficult to let go of intrusive thoughts or emotions.* (4)	0.70	−0.09	0.80	−0.17
(8) I find it easy to set-aside unpleasant thoughts or emotions. (7)	0.66	0.11	0.33	0.30
(9) I can remain in control of my thoughts and emotions. (14)	0.59	0.19	0.36	0.48
(10) I take the time to think of more than one way to resolve the problem. (12)	−0.13	0.89	0.02	0.87
(11) I approach the situation from multiple angles. (3)	−0.13	0.88	−0.05	0.92
(12) I consider the situation for multiple viewpoints before responding. (5)	−0.13	0.86	−0.23	0.91
(13) I take the time to see things from different perspectives before reacting. (10)	−0.10	0.76	0.82	0.82
(14) I take the time to think of several ways to best cope with the situation before acting. (6)	0.14	0.68	0.02	0.86
(15) I weigh out my options before choosing how to take action. (1)	−0.02	0.68	−0.00	0.66
(16) I manage my thoughts or feelings by reframing the situation. (17)	0.26	0.61	0.16	0.74
(17) I control my thoughts and feelings by putting the situation into context. (13)	0.29	0.48	0.13	0.59
(18) I can easily think of multiple coping options before deciding how to respond. (9)	0.37	0.46	0.10	0.77
Eigen value	7.48	2.73	2.37	8.75
Variance Explained (%)	41.57	15.19	13.16	48.62
Mean (SD)	3.71(1.16)	4.62(0.94)	3.89(1.28)	4.50(1.18)
Cronbach's α	0.90	0.89	0.90	0.93

*Indicates reversed items. Bold indicates the factor in which the items were retained. Numbers in parentheses indicate the order in which the items should be administered.

TABLE 2 | Zero-order correlations between the CCFQ and validation measures of cognitive control and cognitive (in)flexibility.

	Control (CFI)	Alternatives (CFI)	Versatility (COFLEX)	Reflective coping (COFLEX)	Cognitive reappraisal (ERQ)	Expressive suppression (ERQ)	Brooding (RRS)	Reflective pondering (RRS)	Perseverative thinking (PTQ)
Cognitive control over emotion	0.56*	0.29*	0.41*	−0.01	0.45*	−0.02	−0.57*	−0.35*	−0.73*
Appraisal and coping flexibility	0.36*	0.66*	0.50*	0.23*	0.46*	−0.06	−0.29*	−0.02	−0.35*
CFI Control	—	—	0.47*	0.06	0.29*	−0.19*	−0.45*	−0.22*	−0.55*
CFI Alternatives	—	—	0.41*	0.35*	0.33*	−0.16	0.26*	0.04	−0.19

CFI, Cognitive Flexibility Inventory; COFLEX, Coping Flexibility Questionnaire; ERQ, Emotion Regulation Questionnaire; RRS, Ruminative Response Scale; PTQ, Perseverative Thinking Questionnaire; * $p < 0.0009$.