

Interpersonal Emotion Regulation Questionnaire (IERQ)

Below is a list of statements that describe how people use others to regulate their emotions. Please read each statement and then circle the number next to it to indicate how much this is true for you by using a scale from 1 (not true for me at all) to 5 (extremely true for me). Please do this for each statement. There are no right or wrong answers.

1-----2-----3-----4-----5	
not true for me at all a little bit moderately quite a bit extremely true for me	
1. It makes me feel better to learn how others dealt with their emotions.	1—2—3—4—5
2. It helps me deal with my depressed mood when others point out that things aren't as bad as they seem.	1—2—3—4—5
3. I like being around others when I'm excited to share my joy.	1—2—3—4—5
4. I look for other people to offer me compassion when I'm upset.	1—2—3—4—5
5. Hearing another person's thoughts on how to handle things helps me when I am worried.	1—2—3—4—5
6. Being in the presence of certain other people feels good when I'm elated.	1—2—3—4—5
7. Having people remind me that others are worse off helps me when I'm upset.	1—2—3—4—5
8. I like being in the presence of others when I feel positive because it magnifies the good feeling.	1—2—3—4—5
9. Feeling upset often causes me to seek out others who will express sympathy.	1—2—3—4—5
10. When I am upset, others make me feel better by making me realize that things could be a lot worse.	1—2—3—4—5
11. Seeing how others would handle the same situation helps me when I am frustrated.	1—2—3—4—5
12. I look to others for comfort when I feel upset.	1—2—3—4—5
13. Because happiness is contagious, I seek out other people when I'm happy.	1—2—3—4—5
14. When I am annoyed, others can soothe me by telling me not to worry.	1—2—3—4—5
15. When I'm sad, it helps me to hear how others have dealt with similar feelings.	1—2—3—4—5
16. I look to other people when I feel depressed just to know that I am loved.	1—2—3—4—5
17. Having people telling me not to worry can calm me down when I am anxious.	1—2—3—4—5
18. When I feel elated, I seek out other people to make them happy.	1—2—3—4—5
19. When I feel sad, I seek out others for consolation.	1—2—3—4—5
20. If I'm upset, I like knowing what other people would do if they were in my situation.	1—2—3—4—5

Scoring instructions: All items are forward scored. *Enhancing Positive Affect* = Sum of items 3, 6, 8, 13, 18; *Perspective Taking* = Sum of items 2, 7, 10, 14, 17; *Soothing* = Sum of items 4, 9, 12, 16, 19; *Social Modeling* = Sum of items 1, 5, 11, 15, 20

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