

Emotional Regulation Assessment (ERQ-Aligned, AI Version)

Purpose: Understand how users manage emotions

Use case: Personalization, coping strategy selection, therapy support

Time frame: *How you generally respond to emotions*

Length: 10 items

Nature: Emotional coping style assessment (not diagnosis)

Instruction to user:

Below are statements about how people usually deal with their emotions.

Please choose how much you **generally agree or disagree** with each statement.

Response Options & Weights (Same for ALL Questions)

- 1 – I strongly disagree with this statement.
 - 2 – I disagree with this statement.
 - 3 – I slightly disagree with this statement.
 - 4 – I neither agree nor disagree with this statement.
 - 5 – I slightly agree with this statement.
 - 6 – I agree with this statement.
 - 7 – I strongly agree with this statement.
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Cognitive Reappraisal (CR)

(Changing how you think about a situation to change how you feel)

Q1. Reframing situations to feel better

- 1 – I strongly disagree that I change how I think about situations to feel better.
 - 2 – I disagree that I reframe situations to feel better.
 - 3 – I slightly disagree that I do this.
 - 4 – I neither agree nor disagree that I do this.
 - 5 – I slightly agree that I do this.
 - 6 – I agree that I reframe situations to feel better.
 - 7 – I strongly agree that I reframe situations to feel better.
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Q2. Viewing challenges from a different perspective

- 1 – I strongly disagree that I look at situations differently to manage my emotions.
 - 2 – I disagree that I do this.
 - 3 – I slightly disagree that I do this.
 - 4 – I neither agree nor disagree that I do this.
 - 5 – I slightly agree that I do this.
 - 6 – I agree that I do this.
 - 7 – I strongly agree that I do this.
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Q3. Changing thoughts to reduce negative emotions

- 1 – I strongly disagree that I change my thoughts to reduce negative feelings.
 - 2 – I disagree that I do this.
 - 3 – I slightly disagree that I do this.
 - 4 – I neither agree nor disagree that I do this.
 - 5 – I slightly agree that I do this.
 - 6 – I agree that I do this.
 - 7 – I strongly agree that I do this.
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Q4. Reinterpreting situations to stay calm

- 1 – I strongly disagree that I reinterpret situations to stay calm.
 - 2 – I disagree that I reinterpret situations.
 - 3 – I slightly disagree that I do this.
 - 4 – I neither agree nor disagree that I do this.
 - 5 – I slightly agree that I do this.
 - 6 – I agree that I reinterpret situations to stay calm.
 - 7 – I strongly agree that I reinterpret situations to stay calm.
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Q5. Changing meaning of events to manage emotions

- 1 – I strongly disagree that I change the meaning of events to manage emotions.
 - 2 – I disagree that I do this.
 - 3 – I slightly disagree that I do this.
 - 4 – I neither agree nor disagree that I do this.
 - 5 – I slightly agree that I do this.
 - 6 – I agree that I do this.
 - 7 – I strongly agree that I do this.
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Q6. Thinking differently when feeling upset

- 1 – I strongly disagree that I think differently when I feel upset.
 - 2 – I disagree that I do this.
 - 3 – I slightly disagree that I do this.
 - 4 – I neither agree nor disagree that I do this.
 - 5 – I slightly agree that I do this.
 - 6 – I agree that I think differently when upset.
 - 7 – I strongly agree that I think differently when upset.
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Expressive Suppression (ES)

(Holding back or hiding emotional expression)

Q7. Keeping emotions to myself

- 1 – I strongly disagree that I keep my emotions to myself.
 - 2 – I disagree that I keep my emotions hidden.
 - 3 – I slightly disagree that I do this.
 - 4 – I neither agree nor disagree that I do this.
 - 5 – I slightly agree that I do this.
 - 6 – I agree that I keep my emotions to myself.
 - 7 – I strongly agree that I keep my emotions to myself.
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Q8. Controlling outward emotional expression

- 1 – I strongly disagree that I control how my emotions show outwardly.
 - 2 – I disagree that I do this.
 - 3 – I slightly disagree that I do this.
 - 4 – I neither agree nor disagree that I do this.
 - 5 – I slightly agree that I do this.
 - 6 – I agree that I control my emotional expressions.
 - 7 – I strongly agree that I control my emotional expressions.
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Q9. Hiding emotions from others

- 1 – I strongly disagree that I hide my emotions from others.
 - 2 – I disagree that I hide my emotions.
 - 3 – I slightly disagree that I do this.
 - 4 – I neither agree nor disagree that I do this.
 - 5 – I slightly agree that I do this.
 - 6 – I agree that I hide my emotions from others.
 - 7 – I strongly agree that I hide my emotions from others.
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Q10. Avoiding showing emotions

- 1 – I strongly disagree that I avoid showing my emotions.
 - 2 – I disagree that I avoid showing emotions.
 - 3 – I slightly disagree that I do this.
 - 4 – I neither agree nor disagree that I do this.
 - 5 – I slightly agree that I do this.
 - 6 – I agree that I avoid showing my emotions.
 - 7 – I strongly agree that I avoid showing my emotions.
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Scoring Logic (AI-Ready)

Cognitive Reappraisal (CR) = Average of Q1–Q6

Expressive Suppression (ES) = Average of Q7–Q10

Ranges:

- **CR:** 1 – 7
- **ES:** 1 – 7

(No reverse scoring required)

Interpretation (Non-Clinical Guidance)

Cognitive Reappraisal

- **Higher score** → Adaptive emotion regulation
- **Lower score** → Difficulty reframing emotions

Expressive Suppression

- **Higher score** → Emotion inhibition / internalization
- **Lower score** → Emotionally expressive

⚠ Neither is “good” or “bad” — context matters.

How AI Uses ERQ (REAL VALUE)

- **High CR** → Cognitive tools, reframing exercises
 - **Low CR** → Teach reappraisal skills
 - **High ES** → Gentle emotional expression prompts
 - **High ES + High PHQ-9** → Watch for emotional bottling risk
 - **Low ES** → Encourage journaling, verbal processing
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Panel-Ready One-Liner

“Our emotional regulation module uses an ERQ-aligned framework to understand how users manage emotions, allowing the AI to personalize coping strategies rather than applying a one-size-fits-all approach.”