**Hold to Behold: Less Changes in Emotion Regulation Strategies Predicts Better Differentiated Emotions within Adolescents**

Tak Tsun Lo[1], J. Loes Pouwels[1], Jacqueline M. Vink[1], Eeske van Roekel[2], Sarah O'Brien[3], Gillian Debra[4], Jolien Braet[4], Maaike Verhagen[1], and Dominique F. Maciejewski[2]

[1]Behavioural Science Institute, Radboud University

[2]School of Social and Behavioral Sciences, Tilburg University

[3]Melbourne School of Psychological Sciences, the University of Melbourne

[4]Faculty of Psychology and Educational Sciences, Ghent University

**Author Note**

Correspondence concerning this article should be addressed to Tak Tsun Lo, Postbus 9104, 6500 HE Nijmegen, the Netherlands. E-mail: edmund.lo@ru.nl

## Abstract

To adapt to changing situations in daily lives, adolescents vary the intensity of strategies or switch between strategies to regulate their emotions. This emotion regulation variability is thought to be enhanced by emotion differentiation, which refers to how well adolescents distinctively label their emotions. We tested this assumption in five experience sampling method datasets, which repeatedly assessed emotion differentiation and emotion regulation variability in 750 adolescents' daily life (aged 11 to 25, 59% female, 25834 observations). Unexpectedly, moments of higher emotion differentiation were followed by more consistent use of emotion regulation strategies (i.e., lower emotion regulation variability). Reciprocally, moments with high emotion regulation variability were followed by less emotion differentiation. These negative bidirectional temporal influences were present regardless of the types of variability (intensity or switching) and emotions (positive or negative). Our results prompt the need of further studying the benefits and interplay between emotion differentiation and regulation variability.

*Keywords*: Dynamics, Variability, Emotion Differentiation, Emotion Regulation

Word count: Abstract: 150 words. Statement of relevance: 148 words. Introduction and Discussion: 2000 words. Methods and Results (excluding tables and figures): 2110 words; including tables and figures: 2713 words.

## Statement of relevance

Adolescents go through a crucial period of biological, occupational, social and emotional development. They need to vary the strategies of emotion regulation, either by changing the intensity of strategies or switching between strategies, to adapt to changing situations and needs. This emotion regulation variability is expected to be facilitated by emotion differentiation — the ability to identify and label emotions distinctively — because knowing what one feels informs ways of regulating one's emotions. Unexpectedly, in the daily lives among 750 adolescents that we examined, higher emotion differentiation was followed by more consistent use of emotion regulation strategies, rather than more variable use. Furthermore, after moments of high emotion regulation variability, adolescents showed decreased emotion differentiation. Our findings challenge the idea that emotion differentiation facilitates emotion regulation. These results guide future research on the interplay between emotion differentiation and emotion regulation variability, and might help practitioners optimize emotion-related psychoeducation for adolescents.

## Research Transparency Statement

### General Disclosures

Conflicts of interest: All authors declare no conflicts of interest. Funding: Jacqueline M. Vink and Maaike Verhagen were supported by a ZonMw grant (grant number: 10430 03201 0009). Jolien Braet was supported by funding from the Bijzonder Onderzoeksfonds (BOF) from Ghent University (Grant agreement No. BOF20/DOC/015). Artificial intelligence: Artificial intelligence assisted technologies were used in the creation of this article for paraphrasing and grammatical checks. Ethics: This research complies with the Declaration of Helsinki (2023), aside from the requirement to preregister human subjects research, and received approval from local ethics boards (ID: ECSW20170805-516, EC-2017.95, BC-09559). Computational reproducibility: Following the Workflow for Open Reproducible Code in Science (Van Lissa et al., 2021), the preregistration (hypotheses and analysis plan), primary data and analysis codes of this study are available via https://doi.org/10.17605/OSF.IO/9VX7T. The authors are applying for a Computational Reproducibility Badge which will be awarded pending checks by the STAR Team.

### Study One

Preregistration: The hypotheses and methods were preregistered (https://doi.org/10.17605/OSF.IO/9VX7T) on 2022-05-04 prior to accessing the five datasets used in this study. There was an update of preregistration on 2023-10-19 for the purpose of including more datasets to achieve sufficient power for our hypotheses (for details, see Supplementary Materials 1). Materials: All study materials are publicly available (https://doi.org/10.17605/OSF.IO/CQ6N4 and Supplemental Materials 2). Data: All primary data are publicly available (https://doi.org/10.17605/OSF.IO/CQ6N4). All ready-to-analyze data are available (https://github.com/taktsun/ED_ERV). Analysis scripts: All analysis scripts are publicly available (https://github.com/taktsun/ED_ERV).

**Hold to Behold: Less Changes in Emotion Regulation Strategies Predicts Better Differentiated Emotions within Adolescents**

Adolescence[1] is a period of emotional challenges ranging from pubertal changes, academic or work-related pressure, and transforming interpersonal relationships (Holmbeck et al., 2006). To successfully navigate this transitional period, adolescents need to develop their emotion regulation skills (Klein et al., 2022). Difficulty in doing so is a transdiagnostic factor for psychopathology (Sloan et al., 2017). Adaptive emotion regulation may encompass high variability in using emotion regulation strategies to meet environmental demands, indicating that adolescents can flexibly use the right strategies to cope with changing situations (Aldao et al., 2015). This emotion regulation variability is expected to be facilitated by emotion differentiation – how well emotions are distinctively labelled – because knowing what one feels informs ways of regulating one's emotions (Barrett et al., 2001; Berking et al., 2014; Kashdan et al., 2015; Schwarz & Clore, 1983). Emotion differentiation is increasingly being proposed as an intervention target for improving emotion regulation (Van der Gucht et al., 2019; YE et al., 2023). Before it becomes appropriate to target emotion differentiation in interventions, we need to clarify the temporal sequence between emotion differentiation and emotion regulation variability. However, empirically, it is currently unclear whether emotion differentiation precedes emotion regulation variability. This study, therefore, investigates the temporal sequences between adolescents' emotion differentiation and emotion regulation variability in their daily lives.

**Differentiated emotions may facilitate emotion regulation**

To study the relation between emotion differentiation and emotion regulation in daily life, researchers often assess emotions and emotion regulation strategies repeatedly over the course of several days, for instance using daily diaries or experience sampling

---

[1] We followed a recent definition of adolescence as ages 10 to 25 (Sawyer et al., 2018).

methods (ESM). These methods allow researchers to capture life as it is lived with high ecological validity (Bolger & Laurenceau, 2013). Using these methods, researchers have shown that high emotion differentiation buffers adolescents from momentary depressive feelings (upon perceived stress, Nook et al., 2021; upon rumination, Starr et al., 2017).

However, empirical evidence on how emotion differentiation is directly related to emotion regulation is weaker. Two studies have investigated this association between individuals. While one daily diary study found that individuals with higher differentiation of negative emotions showed greater average use of emotion regulation strategies compared to those with lower emotion differentiation (Barrett et al., 2001), another ESM study that examined separate strategies only found a negative association between negative emotion differentiation and social sharing, but not with the other five strategies examined (Kalokerinos et al., 2019).

Empirical evidence on within-person associations also do not support a directional relationship between emotion differentiation and emotion regulation. A 10-day ESM study showed that on days when university students had higher negative emotion differentiation than usual, they did not use their emotion regulation strategies any differently (O'Toole et al., 2021). To the best of our knowledge, there was only one study that investigated the *temporal precedence* of emotion differentiation and emotion regulation. This was potentially because previous studies calculated emotion differentiation as a summary of multiple assessments within individuals before the first within-person index of emotion differentiation was recently developed (Erbas et al., 2021). Using this momentary index, a recent ESM study has shown that lower emotion differentiation predicted subsequent higher social sharing, although this association was only seen in two out of four datasets analyzed (Sels et al., 2022). Overall, empirical evidence suggests weak between-person associations between emotion differentiation and the use of emotion regulation strategies, and potentially no concurrent or temporal within-person associations.

**Emotion Regulation Variability: Dynamics of Multiple Strategies**

Previous studies have analyzed emotion regulation strategies separately. However, this may miss out the dynamics of how adolescents deploy strategies across time, which is referred to as emotion regulation variability. Emotion regulation variability is comprised of endorsement change (i.e., changes in mean intensity of strategies) and strategy switching (i.e., changes between strategies across time)(Lo et al., 2024). As with emotion differentiation, few methods have been available to study within-person emotion regulation variability. Recently, Bray-Curtis dissimilarity, an index commonly used in ecology to quantify changes in biodiversity, has been validated in its detection of within-person emotion regulation variability. This index and its two subcomponents, which reflect endorsement change and strategy switching, were all related to subsequent lower negative emotion intensity (Lo et al., 2024), supporting the idea that higher emotion regulation variability is adaptive in daily life.

**The Present Study**

Our study examined the temporal relationship between emotion differentiation and emotion regulation variability during adolescence. We pre-registered two within-person temporal hypotheses: In line with the idea that emotion differentiation facilitates emotion regulation, Hypothesis 1 stated that greater emotion differentiation at a given moment is related to higher emotion regulation variability at the subsequent moment. Previous theoretical discussions did not expect a reversed temporal sequence (Kashdan et al., 2015; Thompson et al., 2021). Therefore, Hypothesis 2 stated that emotion regulation variability at one moment is not associated with emotion differentiation at the following moment. Additionally, we had a within-person hypothesis: Hypothesis 3 stated that adolescents with higher emotion differentiation will show higher emotion regulation variability on average. We tested these hypotheses using data from five ESM studies, in which adolescents rated momentary emotions and emotion regulation strategies multiple times per day. All

pre-registered hypotheses concerned the differentiation of *negative* emotions because previous literature mostly investigated negative emotion differentiation. We explored the associations regarding positive emotion differentiation and emotion regulation due to limited previous research.

## Methods

This paper follows the Workflow for Open Reproducible Code in Science (Van Lissa et al., 2021). The pre-registration (hypotheses and analysis plan), data and analysis codes of this study are available via https://doi.org/10.17605/OSF.IO/9VX7T. A priori power analysis, detailed in Supplemental Materials 1, showed that we had more than 80% power to test our hypotheses.

### Participants and Procedures

This study combines five ESM datasets (see Supplemental Material 1 for details on participants and procedures). Table 1 shows an overview of the demographics per dataset. The five datasets included participants with a mean age of 17.42 years ($SD = 2.99$; range: 11 to 25 years), with 59% females (range across datasets: 48% to 78%). All studies, approved by respective ethical committees, were conducted in Belgium and the Netherlands with Dutch-speaking participants. All studies assessed participants either 10 times for 7 days or 5 times for 14 days, resulting in the same 70 observations. As pre-registered, we excluded 33 participants with zero variance in positive emotions, negative emotions or emotion regulation strategies. We further excluded 4 participants with an average reaction time below 500ms because it may indicate careless responding (McCabe et al., 2012). Participants completed an average of 74% observations ($SD = 23\%$). Supplemental Materials 2 has further details on participants and procedures of all datasets.

**Measures**

The studies differed in how many items were used to assess negative emotions, positive emotions, and emotion regulation strategies, but they all used multiple items with unipolar scales (see Table 1) . Within each dataset, all items were rescaled before analyses to a scale of 0 to 10 to facilitate pooling across studies. Intraclass correlation coefficients (ICC) of all items ranged from .19 to .64, indicating they had adequate within-person variance for further analyses. Supplemental Materials 2 has full item wordings for all ESM measures.

**Momentary indices**

***Intensity of positive emotions, negative emotions, and emotion regulation***

We calculated momentary intensities of positive emotions, negative emotions, and emotion regulation as the mean intensities of relevant items (e.g., in dataset 3, momentary positive emotion intensity is the mean of *cheerful*, *relaxed*, and *happy*). Multi-level confirmatory factor analyses using the *lavaan* package (Rosseel, 2012) showed positive and negative emotions loaded separately on two factors as indicated with satisfactory fit indices (See Supplemental Materials 3 for more information). Reliability was satisfactory for all indices within adolescents (positive emotion intensity: .60 to .80; negative emotion intensity: .66 to .76; emotion regulation intensity: .52 to .72) and between adolescents (positive emotion intensity: .88 to .93; negative emotion intensity: .90 to .94; emotion regulation intensity: .68 to .97).

***Dynamic indices***

**Emotion differentiation.**   To assess the degree of positive and negative emotion differentiation within adolescents at a specific moment, we calculated the momentary emotion differentiation index from the positive and negative emotion items (Erbas et al., 2021). This index was mathematically derived from the average consistency variant of ICC,

a between-person measure of emotion differentiation commonly used in prior research to assess emotion differentiation. This index has no lower bound and an upper bound of 0 and it shows good predictive validity because of its negative association with momentary negative emotion intensity (Erbas et al., 2021). The momentary emotion differentiation index measures how consistently intensities of emotions are deviating in the same direction (i.e., positively or negatively) with regard to a person's mean. For example, if an adolescent has an average rating of 5 in each of the four emotions assessed 70 times, a moment when all four emotions are rated at 10 will give a low value of momentary emotion differentiation, whereas a moment when two of the four emotions are rated at 10 and two at 0 will give a high value of momentary emotion differentiation.

**Emotion regulation variability.** We calculated momentary emotion regulation variability as Bray-Curtis dissimilarity from the emotion regulation strategy items. This index has recently been validated (Lo et al., 2024). This momentary index can be partitioned into two subcomponents that respectively detect two qualitatively different and theoretically relevant subcomponents (Aldao et al., 2015): endorsement change (e.g., from not using any strategies to using distraction) and strategy switching (e.g., replacing distraction with reappraisal). Bray-Curtis dissimilarity was calculated by comparing the moment of interest with all other moments the same adolescent reported using the *betapart* package (Baselga et al., 2022; see Github tutorial at Lo, 2023). In this way, Bray-Curtis dissimilarity reflects the within-person deviation from their typical emotion regulation style - in terms of intensity or strategy selection[2]. Before calculating Bray-Curtis dissimilarity, we linearly transformed all emotion regulation intensity ratings by adding a small constant 0.001 to prevent division-by-zero computational errors, so that two moments with all

---

[2] Another method to compute Bray-Curtis dissimilarity is by contrasting each moment with the preceding one. To check the robustness of our results, we ran sensitivity analyses with this successive temporal comparison approach. Results were generally consistent with what we present in the main text. Details can be found in Supplemental Material 6.

strategies rated 0 can still be compared. The Bray-Curtis dissimilarity index falls between 0 and 1. To improve comparison with other indices, we multiplied the Bray-Curtis dissimilarity index with 10 so it ranges from 0 to 10 .

**Analysis**

We conducted all analyses in this paper in R (R Core Team, 2023). After preparing each dataset, data were pooled into an overall dataset for analysis. To distinguish temporal effects (Hypothesis 1 & 2) from individual differences (Hypothesis 3), we separated observations of indices (negative emotion intensity, negative emotion differentiation, emotion regulation variability) into two components. The within-person component, which can vary at each time point, is the raw score minus the person-mean. The within-person component, which indicate an adolescent's time-invariant difference from others, is the person-mean minus the grand-mean (Bolger & Laurenceau, 2013).

To test our hypotheses, we ran multilevel models. In model 1A, which corresponded to Hypothesis 1, emotion differentiation was the predictor and emotion regulation variability was the outcome. In model 2A, which corresponded with Hypothesis 2, emotion regulation variability was the predictor and emotion differentiation was the outcome. In the two multilevel models, observations (Level 1) were nested within participants (Level 2). Participants (Level 2) were further nested within datasets (Level 3) to account for between-dataset differences (see Boedhoe et al., 2019 for related methodological discussion). The outcome variables at each moment were predicted by the within-person components at Level 1 and within-person components at Level 2. We added momentary negative emotion intensity and momentary emotion regulation as covariates, because we wanted to examine the relationships between predictor and outcome variables above and beyond negative emotion intensities (Dejonckheere et al., 2019; O'Toole et al., 2021). We added time as a covariate, centered with the 35.5th observation as zero, to control for any systematic time trends in the data. Age and gender were also added as time-invariant covariates.

Time-varying within-person components of the predictor and control variables were entered as both fixed and random effects. Random intercepts and slopes were allowed to covary. within-person components and centered time were entered as fixed effects. We included a first-order autocorrelation structure on the residuals. We used the *nlme* package (Pinheiro et al., 2022) to estimate multilevel models with the quasi-Newton optimizer. To test the hypotheses, we were primarily interested in whether the fixed effects differed significantly from zero, as indicated by a 95% confidence interval. Hypotheses 1 (emotion differentiation predicting subsequent emotion regulation variability) and 2 (emotion regulation variability not predicting subsequent emotion differentiation) were tested by examining the significance of the fixed effects of the within-person components of the predictor variables in models 1A and 2A. Hypothesis 3 (emotion differentiation being positively associated with emotion regulation variability between adolescents), was tested by examining the significance of the fixed effect of within-person components in model 2A[^3].

[^3] Model 2A was selected over Model 1A for testing to align estimates more closely with our exploratory findings from Model 2B. In our exploratory analyses, we chose model 2B so that both subcomponents could be evaluated simultaneously within one model side, unlike Models 1B and 1C where subcomponents were split across different sides.

Note that in all datasets the frame of reference for rating emotion regulation strategies was about regulating the negative emotions between the previous and current assessment (e.g., "Since the last beep, to change my negative feelings, I have sought for distraction"), whereas emotion items were assessed in terms of "right now" during each assessment (Figure 1). Therefore, associations between momentary emotion regulation variability and emotion differentiation index derived from the same assessment indicate emotion regulation variability precedes emotion differentiation. As such, to examine Hypothesis 1 (i.e., emotion differentiation facilitating subsequent emotion regulation variability; Model 1A to 1C), we used the lagged momentary emotion differentiation index as the predictor (and lagged momentary negative emotion intensity as covariate), and

momentary emotion regulation variability as the outcome. In contrast, to examine

Hypothesis 2 (i.e., emotion regulation variability does not affect subsequent emotion

differentiation; Model 2A and 2B), momentary emotion regulation variability as the

predictor and the momentary emotion differentiation index as the outcome both came from

the same assessment.

Additionally, we ran several exploratory analyses. First, to delineate how emotion

differentiation is associated with strategy switching and endorsement change, we ran two

exploratory models on the separate subcomponents. In model 1B, strategy switching was

defined as the outcome and emotion differentiation the predictor (controlling for

endorsement change) and in model 1C, endorsement change was the outcome and emotion

differentiation the predictor (controlling for strategy switching). Both models had the same

covariates as model 1A. In model 2B, emotion differentiation was the outcome and both

subcomponents (strategy switching and endorsement change) were entered as simultaneous

predictors. Model 2B had the same covariates as Model 2A. Second, we also tested for the

associations regarding positive emotions. For this, we repeated all the above analyses by

swapping negative emotion differentiation with positive emotion differentiation in all

models.

## Results

### Descriptive Statistics

On average, adolescents showed relatively high intensity of positive emotions but

low intensity of negative emotions and emotion regulation (Table 2). With regards to

dynamic indices (emotion differentiation and emotion regulation variability), adolescents

showed within-person variance that were comparable to the means of the respective

indices. Within-person and between-person correlations between dynamic indices were

generally weak (Supplemental Materials 4).

**Confirmatory Analyses**

In contrast with Hypothesis 1, model 1A (Table 3) results showed negative within-person associations between negative emotion differentiation and subsequent emotion regulation variability. This indicates that higher negative emotion differentiation at one moment was related to lower emotion regulation variability within adolescents at the subsequent moment. In contrast with Hypothesis 2, model 2A indicated that higher emotion regulation variability at one moment was significantly associated with decreases in negative emotion differentiation at the subsequent moment.

In contrast with Hypothesis 3, results revealed no within-person association between negative emotion differentiation and emotion regulation variability (model 2A, Table 3). These results suggest the average level of emotion differentiation and emotion regulation variability of adolescents were not related.

To summarize, none of the three hypotheses were supported. In terms of within-person temporal relationships, emotion differentiation and emotion regulation variability seem to hinder each other subsequently. In terms of individual differences, there was no relationship between emotion differentiation and emotion regulation variability.

**Exploratory Analyses**

***Associations Between Negative Emotion Differentiation and Subcomponents of Emotion Regulation Variability (Strategy Switching and Endorsement Change)***

Model 1B and 1C respectively showed that higher negative emotion differentiation was associated with lower subsequent strategy switching and endorsement change. Results indicated that the better adolescents differentiate their emotions at one moment, the less they subsequently deviate from their usual emotion regulation tendency – both in terms of intensity and strategy selection. Model 2B showed that decreases in negative emotion

differentiation were also driven by both endorsement change and strategy switching. Results indicated that the more adolescents deviated from their usual tendency in emotion regulation, either in terms of endorsement change or strategy switching, the worse they subsequently differentiated their emotions.

Between adolescents, only endorsement change in emotion regulation was negatively associated with emotion differentiation, whereas strategy switching was not significantly related with negative emotion differentiation. In other words, adolescents with better emotion differentiation tend to exhibit greater stability in deploying emotion regulation strategies compared to those with lower emotion differentiation, but they do not differ significantly in their propensity to switch between strategies.

### *Associations Between Positive Emotion Differentiation and Emotion Regulation Variability*

Our exploratory analyses showed that temporal relationships between emotion regulation variability and differentiation of positive emotions were largely similar as that with negative emotions (see Table 3). The negative reciprocal temporal relationships hold for the full index as well as for the subcomponents of emotion regulation variability. In other words, the better adolescents differentiated their positive emotions at one moment, the less they subsequently deviated from their usual emotion regulation style. Reciprocally, the more adolescents deviated from their usual tendency in emotion regulation, either in terms of endorsement change or strategy switching, the worse they subsequently differentiated their positive emotions. No within-person associations were found between positive emotion differentiation and emotion regulation variability.

### Discussion

Using five ESM datasets that encompassed 25834 observations in 750 adolescents, we tested whether higher emotion differentiation was related to higher subsequent emotion regulation variability. Contrary to our expectations, we discovered that when adolescents

had better differentiation between their positive or negative emotions at a given moment, they tended to be more stable in their use of emotion regulation strategies subsequently (i.e., lower emotion regulation variability). Reciprocally, the more adolescents deviated from their typical emotion regulation strategies (i.e., the higher their emotion regulation variability), the less they differentiated their emotions at the next moment. These negative bidirectional temporal influences were robust: They were present independently in two emotion regulation variability subcomponents (endorsement change or strategy switching), and regardless of whether emotion differentiation was operationalized with positive or negative emotions. Overall, those results do not support the hypothesis that emotion differentiation facilitates subsequent emotion regulation variability on a momentary level in adolescents.

## Possible Explanations of the Interplay between Emotion Differentiation and Emotion Regulation Variability

There are several possible mechanisms that could explain negative associations between emotion differentiation and emotion regulation variability. A first explanation is that emotion differentiation could directly dampen emotional intensity, which may lower adolescents' needs to regulate their emotions or change their emotion regulation strategies, resulting in lower variability. Supporting the potential direct effect within adolescents, an ESM study indicated that higher negative emotion differentiation is concurrently associated with lower negative emotion intensity (Erbas et al., 2021). Furthermore, four experimental studies demonstrated that labeling and distinguishing emotions can lower both positive and negative emotions (Lieberman et al., 2011). Alternatively, emotion differentiation may have made adolescents better in dampening emotion intensity with their emotion regulation strategies. Indeed, ESM research shows that individuals with higher negative emotion differentiation could dampen negative emotions with a lesser extent of strategy deployment, unlike those with lower differentiation (Kalokerinos et al., 2019).

The second explanation is that emotion differentiation and emotion regulation variability may compete for similar resources outside the emotion system, so that when one process is more active, the other is less so. For example, Lewczuk et al. (2022) suggested that emotion regulation requires effort and leads to fatigue. If differentiating emotions similarly requires effort, heightened emotion differentiation might limit how much emotion regulation strategies can vary, and vice versa. This resource competition seems to apply regardless of types of emotion (positive or negative) and regulation variability (endorsement change or strategy switching), as indicated by the consistent negative temporal relationships in our various models. Overall, future studies should test the possibile mechanisms in the negative reciprocal relationship between these two processes.

**Open questions in emotion regulation variability**

As research on emotion regulation variability in daily life is still in its infancy, several open questions linger about emotion regulation variability. Developmentally, middle adolescents are less likely to regulate their sadness and anger than younger and older adolescents (Zimmermann & Iwanski, 2014). If they use strategies around the lower bounds of ESM measures, it is easier to have all-or-nothing changes resulting in high emotion regulation variability. Relatedly, as adolescents develop their repertoire of regulation strategies, they may exhibit higher emotion regulation variability as they experiment with the new strategies (Elkjær et al., 2022). Differences in study designs between datasets prevented us from testing age differences, but future studies should investigate the developmental trajectory of emotion regulation variability.

Furthermore, emotion regulation variability and its subcomponents may exhibit complex relations with other emotion characteristics. For instance, a recent study showed that when emotions are either less intense or more intense than usual, emotion regulation variability is highest(Maciejewski et al., 2023). This suggests that there may be an optimal level of when and how to vary emotion regulation.

Outside of the emotion regulation system, it is also theorized that (changes in) context are related to emotion regulation variability. For example, adolescents may have limited choices of emotion regulation strategies while they are commuting to school but are more likely to adjust their strategies upon changes of context (e.g., arriving home from school). Varying strategies in synchrony with changing contexts is different from context-insensitive fluctuations [flexibility and instability; Kalokerinos and Koval (2022)]. Further research that shows how developmental factors, emotion characteristics, and daily life contexts influence emotion regulation variability and its subcomponents may ultimately enrich our understanding of the interplay between emotion differentiation and emotion regulation variability .

## Limitations

A few limitations must be considered when interpreting our results. First, there is the heterogeneity First, the heterogeneity across datasets due to varying sample characteristics, ESM protocols. We have included dataset-level random intercepts to mitigate this, but future studies should explore how these study characteristics affect outcomes. Second, although items were selected with reference to conventional theoretical frameworks (Supplemental Materials 2), emotion and emotion regulation may be highly idiographic. This means certain included items might be irrelevant to our participants, while some relevant items were omitted. Our findings should be reassessed with approaches that use personalized items (e.g., Olthof et al., 2023); The indices we utilized are adaptable to personalized ESM items, similar to their application across the five datasets we examined. Third, in our analysis, we assumed equal intervals in the temporal sequences of emotion differentiation and emotion regulation variability, but in reality, they varied due to study designs (Table 1) and the frame of reference (Figure 1). Future research should consider methodologies that can model irregular time intervals (e.g., Asparouhov & Muthén, 2020) to validate our findings.

**Practical Implications**

Our study provides two considerations for practitioners in emotion-focused psychoeducation (e.g., Metz et al., 2013). First, combining emotion differentiation and regulation variability training in one session could be counterproductive, as our within-person results indicate these processes hinder each other in daily life. Second, adolescents may present different training needs, as our within-person findings suggest that adolescents may be weaker in either negative emotion differentiation or strategy endorsement change, but not typically in both. However, we emphasize that our current findings are correlational, thus cannot inform the expected relationship between the processes after interventions.

**Conclusion**

To conclude, this well-powered study is the first to test how emotion differentiation and emotion regulation variability temporally influence each other in adolescents' daily lives. Our findings suggest that, at least in the short term, emotion differentiation and emotion regulation variability hinder each other, regardless of the type of variability (endorsement change or strategy switching) or valence of emotions (positive or negative). In terms of individual differences, adolescents with better negative emotion differentiation had lower fluctuations in emotion regulation intensity, but did not differ in overall strategy switching. These results prompt reconsideration of existing theoretical frameworks that posit that emotion differentiation facilitates emotion regulation.

## References

Aldao, A., Sheppes, G., & Gross, J. J. (2015). Emotion Regulation Flexibility. *Cognitive Therapy and Research*, *39*(3), 263–278. https://doi.org/10.1007/s10608-014-9662-4

Asparouhov, T., & Muthén, B. (2020). Comparison of models for the analysis of intensive longitudinal data. *Structural Equation Modeling: A Multidisciplinary Journal*, *27*(2), 275–297.

Barrett, L. F., Gross, J., Christensen, T. C., & Benvenuto, M. (2001). Knowing what you're feeling and knowing what to do about it: Mapping the relation between emotion differentiation and emotion regulation. *Cognition & Emotion*, *15*(6), 713–724. https://doi.org/10.1080/02699930143000239

Baselga, A., Orme, D., Villeger, S., Bortoli, J. D., Leprieur, F., & Logez, M. (2022). *Betapart: Partitioning Beta Diversity into Turnover and Nestedness Components.*

Berking, M., Whitley, B., Berking, M., & Whitley, B. (2014). The adaptive coping with emotions model (ACE model). *Affect Regulation Training: A Practitioners' Manual*, 19–29.

Boedhoe, P. S., Heymans, M. W., Schmaal, L., Abe, Y., Alonso, P., Ameis, S. H., Anticevic, A., Arnold, P. D., Batistuzzo, M. C., Benedetti, F.others. (2019). An empirical comparison of meta-and mega-analysis with data from the ENIGMA obsessive-compulsive disorder working group. *Frontiers in Neuroinformatics*, *12*, 102.

Bolger, N., & Laurenceau, J.-P. (2013). *Intensive longitudinal methods: An introduction to diary and experience sampling research.* Guilford press.

Braet, J., Debra, G., & Giletta, M. (2023). *I've got a friend in me: The effect of self-compassion on depressive symptoms via emotion regulation.*

Dejonckheere, E., Mestdagh, M., Houben, M., Rutten, I., Sels, L., Kuppens, P., & Tuerlinckx, F. (2019). Complex affect dynamics add limited information to the prediction of psychological well-being. *Nature Human Behaviour*, *3*(5), 478–491. https://doi.org/10.1038/s41562-019-0555-0

Elkjær, E., Mikkelsen, M. B., & O'Toole, M. S. (2022). Emotion regulation patterns: Capturing variability and flexibility in emotion regulation in an experience sampling study. *Scandinavian Journal of Psychology*, *63*(4), 297–307. https://doi.org/10.1111/sjop.12808

Erbas, Y., Ceulemans, E., Kalokerinos, E. K., Houben, M., Koval, P., Pe, M. L., & Kuppens, P. (2018). Why I don't always know what I'm feeling: The role of stress in within-person fluctuations in emotion differentiation. *Journal of Personality and Social Psychology*, *115*(2), 179.

Erbas, Y., Kalokerinos, E. K., Kuppens, P., van Halem, S., & Ceulemans, E. (2021). Momentary Emotion Differentiation: The Derivation and Validation of an index to Study Within-Person Fluctuations in Emotion Differentiation. *Assessment*, 107319112199008. https://doi.org/10.1177/1073191121990089

Holmbeck, G. N., Friedman, D., Abad, M., & Jandasek, B. (2006). *Development and psychopathology in adolescence.*

Kalokerinos, E. K., Erbas, Y., Ceulemans, E., & Kuppens, P. (2019). Differentiate to Regulate: Low Negative Emotion Differentiation Is Associated With Ineffective Use but Not Selection of Emotion-Regulation Strategies. *Psychological Science*, *30*(6), 863–879. https://doi.org/10.1177/0956797619838763

Kalokerinos, E. K., & Koval, P. (2022). *Emotion regulation flexibility.*

Kashdan, T. B., Barrett, L. F., & McKnight, P. E. (2015). *Unpacking Emotion Differentiation: Transforming Unpleasant Experience by Perceiving Distinctions in Negativity.* 7.

Klein, R. J., Nguyen, N. D., Gyorda, J. A., & Jacobson, N. C. (2022). Adolescent emotion regulation and future psychopathology: A prospective transdiagnostic analysis. *Journal of Research on Adolescence*, *32*(4), 1592–1611.

Koval, P., Pe, M. L., Meers, K., & Kuppens, P. (2013). Affect dynamics in relation to depressive symptoms: Variable, unstable or inert? *Emotion (Washington, D.C.)*, *13*(6),

1132.

Lewczuk, K., Wizła, M., Oleksy, T., & Wyczesany, M. (2022). Emotion regulation, effort and fatigue: Complex issues worth investigating. *Frontiers in Psychology, 13*, 742557.

Lieberman, M. D., Inagaki, T. K., Tabibnia, G., & Crockett, M. J. (2011). *Subjective Responses to Emotional Stimuli During Labeling, Reappraisal, and Distraction.* 13.

Lo, T. T. (2023). *Bray-curtis dissimilarity for ESM data.*

Lo, T. T., van Lissa, C. J., Verhagen, M., Hoemann, K., Erbas, Y., & Maciejewski, D. (2024). A theory-informed emotion regulation variability index: Bray-curtis dissimilarity. *Emotion.* https://doi.org/10.1037/emo0001344

Maciejewski, D., Bunge, A., Olthof, M., Van Roekel, E., Hasselman, F., Dejonckheere, E., & Erbas, Y. (2023). *The importance of emotion characteristics for emotion regulation dynamics in daily life [pre-registration].* https://doi.org/10.17605/OSF.IO/FG58T

McCabe, K. O., Mack, L., & Fleeson, W. (2012). A guide for data cleaning in experience sampling studies. In *Handbook of research methods for studying daily life* (pp. 321–338). The Guilford Press.

Metz, S. M., Frank, J. L., Reibel, D., Cantrell, T., Sanders, R., & Broderick, P. C. (2013). The effectiveness of the learning to BREATHE program on adolescent emotion regulation. *Research in Human Development, 10*(3), 252–272.

Nook, E. C., Flournoy, J. C., Rodman, A. M., Mair, P., & McLaughlin, K. A. (2021). High Emotion Differentiation Buffers Against Internalizing Symptoms Following Exposure to Stressful Life Events in Adolescence: An Intensive Longitudinal Study. *Clinical Psychological Science, 9*(4), 699–718. https://doi.org/10.1177/2167702620979786

O'Toole, M. S., Elkjær, E., & Mikkelsen, M. B. (2021). Is Negative Emotion Differentiation Associated With Emotion Regulation Choice? Investigations at the Person and Day Level. *Frontiers in Psychology, 12*, 684377. https://doi.org/10.3389/fpsyg.2021.684377

Olthof, M., Hasselman, F., Aas, B., Lamoth, D., Scholz, S., Daniels-Wredenhagen, N., Goldbeck, F., Weinans, E., Strunk, G., Schiepek, G.others. (2023). The best of both

worlds? General principles of psychopathology in personalized assessment. *Journal of Psychopathology and Clinical Science*, *132*(7), 808.

Pinheiro, J., Bates, D., & R Core Team. (2022). *Nlme: Linear and Nonlinear Mixed Effects Models.*

R Core Team. (2023). *R: A Language and Environment for Statistical Computing.* R Foundation for Statistical Computing.

Rosseel, Y. (2012). lavaan: An R package for structural equation modeling. *Journal of Statistical Software*, *48*(2), 1–36. https://doi.org/10.18637/jss.v048.i02

Sawyer, S. M., Azzopardi, P. S., Wickremarathne, D., & Patton, G. C. (2018). The age of adolescence. *The Lancet Child & Adolescent Health*, *2*(3), 223–228.

Schwarz, N., & Clore, G. L. (1983). Mood, misattribution, and judgments of well-being: Informative and directive functions of affective states. *Journal of Personality and Social Psychology*, *45*(3), 513.

Sels, L., Erbas, Y., O'Brien, S. T., Verhofstadt, L., Clark, M. S., & Kalokerinos, E. K. (2022). *Bi-directional associations between social sharing and emotion differentiation in everyday life.* PsyArXiv. https://doi.org/10.31234/osf.io/y3cvu

Sloan, E., Hall, K., Moulding, R., Bryce, S., Mildred, H., & Staiger, P. K. (2017). Emotion regulation as a transdiagnostic treatment construct across anxiety, depression, substance, eating and borderline personality disorders: A systematic review. *Clinical Psychology Review*, *57*, 141–163.

Starr, L. R., Hershenberg, R., Li, Y. I., & Shaw, Z. A. (2017). When Feelings Lack Precision: Low Positive and Negative Emotion Differentiation and Depressive Symptoms in Daily Life. *Clinical Psychological Science*, *5*(4), 613–631. https://doi.org/10.1177/2167702617694657

Thompson, R. J., Springstein, T., & Boden, M. (2021). Gaining clarity about emotion differentiation. *Social and Personality Psychology Compass*, *15*(3), e12584. https://doi.org/10.1111/spc3.12584

Van der Gucht, K., Dejonckheere, E., Erbas, Y., Takano, K., Vandemoortele, M., Maex, E., Raes, F., & Kuppens, P. (2019). An experience sampling study examining the potential impact of a mindfulness-based intervention on emotion differentiation. *Emotion (Washington, D.C.)*, *19*(1), 123.

Van Lissa, C. J., Brandmaier, A. M., Brinkman, L., Lamprecht, A.-L., Peikert, A., Struiksma, M. E., & Vreede, B. M. I. (2021). WORCS: A workflow for open reproducible code in science. *Data Science*, *4*(1), 29–49. https://doi.org/10.3233/DS-210031

Van Roekel, E., & Trompetter, H. (2023). *Understanding (individual differences in) emotion regulation in daily life.* https://osf.io/7q4gd/.

Verhagen, M., Lo, T. T., Maciejewski, D. F., & Eltanamly, H. (2022). *Flits Study: A dyadic (parent-adolescent) EMA design [dataset].*

YE, W., YU, M., ZHANG, L., GAO, Q., FU, M., & LU, J. (2023). Negative emotional granularity: Its mechanisms and related interventions. *Advances in Psychological Science*, *31*(6), 1030.

Zimmermann, P., & Iwanski, A. (2014). Emotion regulation from early adolescence to emerging adulthood and middle adulthood: Age differences, gender differences, and emotion-specific developmental variations. *International Journal of Behavioral Development*, *38*(2), 182–194. https://doi.org/10.1177/0165025413515405

**Table 1**

*Overview of Study Characteristics of Included Datasets*

| | G(F)ood together (Verhagen et al., 2022) | Emotions in daily life 2011 (Koval et al., 2013) | 3-wave longitudinal study (Erbas et al., 2018) | Emotions in daily life (van Roekel & Trompetter, 2023) | Outside-in (Braet et al., 2023) |
|---|---|---|---|---|---|
| **Institute** | Radboud University, the Netherlands | KU Leuven, Belgium | KU Leuven, Belgium | Tilburg University, the Netherlands | Ghent University, Belgium |
| **N after exclusion criteria applied** | 83 | 97 | 202 | 178 | 218 |
| **Age M (SD), range** | 16.4 (0.7), 15.0 — 18.0 | 19.1 (1.3), 18.0 — 24.0 | 18.3 (1), 17.0 — 24.0 | 20.9 (1.7), 18.0 — 25.0 | 13.5 (0.6), 11.0 — 15.0 |
| **Female** | 57% | 63% | 55% | 78% | 48% |
| **Observations per day** | 10 | 10 | 10 | 5 | 5 |
| **Number of days** | 7 | 7 | 7 | 14 | 14 |
| **Interval scheme** | Semi-random | Stratified-random | Stratified-random | Quasi-random | Fixed |
| **Positive emotions** | 4 items: Content Relaxed Joyful Energetic | 2 items: Relaxed Happy | 3 items: Happy Relaxed Cheerful | 7 items: Enthusiastic Content Energetic Calm Powerful Cheerful Grateful | 3 items: Happy Calm Enthusiastic |
| **Negative emotions** | 5 items: Irritated Worried Depressed Insecure Lonely | 4 items: Angry Anxious Depressed Sad | 6 items: Angry Anxious Depressed Sad Lonely Stress | 6 items: Angry Irritated Depressed Sad Nervous Bored | 6 items: Angry Insecure Afraid Sad Stressed Bored |
| **Emotion regulation strategies** | 5 items: Rumination Reappraisal Suppression Acceptance Social Sharing | 6 items: Rumination Reappraisal Distraction Reflection Suppression Social Sharing | 6 items: Rumination Reappraisal Distraction Worry Suppression Social Sharing | 7 items: Rumination Distraction Avoidance Problem Solving Acceptance Co-Brooding Social Sharing | 8 items: Rumination Reappraisal Distraction Self-Compassion (Support) Self-compassion (Cheer-up) Expression Suppression Social Sharing |

**Table 2**

*Descriptive Statistics of Momentary Indices of the Pooled Dataset (N=778)*

| Momentary index | Mean | within-person SD | within-person SD |
|---|---|---|---|
| Positive emotion intensity | 5.78 | 1.53 | 1.65 |
| Positive emotion differentiation | -1.98 | 3.06 | 0.76 |
| Negative emotion intensity | 1.46 | 0.98 | 1.16 |
| Negative emotion differentiation | -2.15 | 4.80 | 0.82 |
| Emotion regulation intensity | 2.28 | 1.06 | 1.62 |
| Emotion regulation variability (full index) | 4.03 | 1.13 | 1.78 |
| Endorsement change subcomponent | 2.35 | 1.13 | 1.47 |
| Strategy switching subcomponent | 1.68 | 0.75 | 1.05 |

**Table 3**

*Fixed Effect Estimates in within-person Temporal Associations and within-person*

*Differences Between Emotion Differentiation and Emotion Regulation Variability*

| | Negative Emotions *b* [95% *CI]* | Positive Emotions *b* [95% *CI]* | Model |
|---|---|---|---|
| within-person temporal hypotheses | | | |
| H1: Higher emotion differentiation is associated with subs equently higher emotion regulation variability (N = 751, n = 25851) | | | |
| Emotion differentiation → Emotion regulation variability | **-0.009 [-0.014, -0.005]** | **-0.009 [-0.014, -0.004]** | 1A |
| Emotion differentiation → Strategy switching | **-0.004 [-0.007, -0.002]** | **-0.004 [-0.007, -0.000]** | 1B |
| Emotion differentiation → Endorsement change | **-0.008 [-0.012, -0.004]** | **-0.007 [-0.012, -0.003]** | 1C |
| H2: Emotion regulation variability is not associated with subsequent changes in emotion differentiation (N = 750, n = 25830) | | | |
| Emotion regulation variability → Emotion differentiation | **-0.514 [-0.731, -0.296]** | **-0.276 [-0.496, -0.057]** | 2A |
| Strategy switching → Emotion differentiation | **-0.432 [-0.730, -0.133]** | **-0.306 [-0.525, -0.086]** | 2B |
| Endorsement change → Emotion differentiation | **-0.550 [-0.771, -0.328]** | **-0.262 [-0.480, -0.043]** | 2B |
| Within-person hypothesis | | | |
| H3: Higher emotion differentiation is associated with higher emotion regulation variability (N= 750) | | | |
| Emotion differentiation←→Emotion regulation variability | -0.035 [-0.072, 0.001] | -0.012 [-0.039, 0.015] | 2A |
| Emotion differentiation←→rategy switching | 0.055 [-0.008, 0.118] | -0.004 [-0.052, 0.044] | 2B |
| Emotion differentiation←→Endorsement change | **-0.091 [-0.140, -0.042]** | -0.018 [-0.055, 0.019] | 2B |

*Note:*       Significant effects are displayed in bold. →: temporal precedence; ←→: between-person association; n: number of ESM assessments with complete observations of all indices required for modeling; N: number of adolescents; b: unstandardized effect; CI: confidence interval; H1 – H3: Hypotheses 1 to 3. Negative emotions and positive emotions were analyzed in separate models. Small differences in n and N between models exist due to different availability of indices as required in the different models. For brevity, we displayed the smaller n and N of the models grouped under the same hypotheses. H1 was tested using three negative emotion models and three positive emotion models because of three outcome variables (emotion regulation variability and its two subcomponents). H2 was tested using two models for positive emotions and two models for negative emotions. Two subcomponents were included together in model 2B . Full model results with estimates of covariates (emotion intensity, emotion regulation intensity, time, gender, and age) are available in Supplemental Material 5.
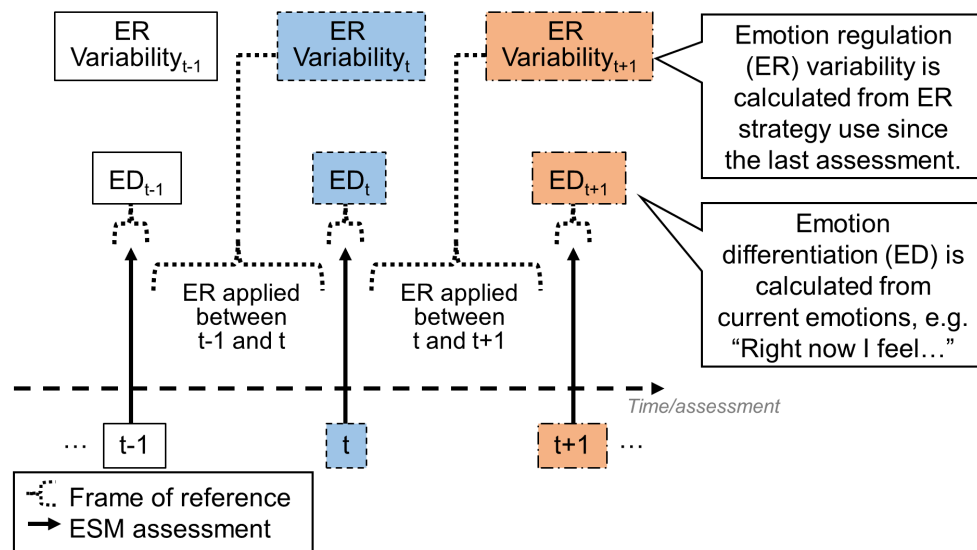
**Figure 1**

*t refers to the moment of interest. Tiles with similar colours and borders belong to the same moment.*