

Appendix 8- Adapted Cognitive Emotion Regulation Questionnaire

Emotion Regulation Questionnaire (based on CERQ) Version 2, 20/7/12

How do you cope with events?

Sometimes nice things happen and sometimes bad things happen. When bad things happen you may feel sad, angry, scared or worried.

Can you tell me about something bad that has happened to you in the last month? This should be something you feel alright to talk about.

I want to ask you some questions about how you thought about what happened to you.

	Not True	Sometimes True	Always True
1. I thought I was to blame			
2. I thought of nicer things			
3. I thought that others were to blame for example _____ from your story or someone else.			
4. I thought about how terrible it all was			
5. I thought that I can't do anything about it			
6. I thought of how I could change it			
7. I thought I had been stupid			
8. It just happened; there is nothing I could do about it			
9. I thought of how I could cope with it			
10. I thought it was my own fault			
11. I thought I could not change it			

12. I thought of nice things that have happened to me			
13. I thought it was the worst thing that can happen to you			
14. I thought that it was the fault of others, for example _____ from your story or someone else.			
15. I thought of what I could do best			
16. I thought that it was all caused by others, for example _____ from your story or someone else.			
17. I thought of something nice and not about what had happened			
18. I thought about how horrible it was			
Thank You			

Scoring

Not true= 0

Sometimes True = 1

Never true= 2

Self Blame- Questions 1,7,10 Total =

Acceptance- Questions 5, 8, 11 Total=

Positive Refocusing- Questions 2, 12, 17 Total=

Refocus on Planning- Questions 6, 9, 15 Total=

Catastrophizing- Questions 4, 13, 18 Total=

Other Blame- Questions 3, 14, 16 Total =

Appendix 9- Observer Alexithymia Scale

Observer Alexithymia Scale

Please use the following scale for each item:

Never: not at all like the person ----- 0	Sometimes: a little like the person ----- 1	Usually: very much like the person ----- 2	All of the time: completely like the person ----- 3
--	--	---	--

<u>He or she</u>	<u>Circle</u>	<u>He or she</u>	<u>Circle</u>
1. is a warm person.	0 1 2 3	18. likes to explore his or her feelings.	0 1 2 3
2. falls apart when things are really tough.	0 1 2 3	19. has strong emotions that he or she cannot explain.	0 1 2 3
3. worries too much about his or her health.	0 1 2 3	20. is imaginative; creative.	0 1 2 3
4. has a good sense of humor.	0 1 2 3	21. seems to lack a sense of purpose.	0 1 2 3
5. is too self-controlled.	0 1 2 3	22. has physical problems that are hard to treat.	0 1 2 3
6. has compassion.	0 1 2 3	23. is unexciting; boring.	0 1 2 3
7. is good at relationships.	0 1 2 3	24. is flexible.	0 1 2 3
8. becomes confused when things are very stressful.	0 1 2 3	25. likes to have close friends.	0 1 2 3
9. talks a lot about physical pain or discomfort.	0 1 2 3	26. knows himself or herself well.	0 1 2 3
10. tells jokes and makes funny remarks.	0 1 2 3	27. has physical reactions to stress (headaches, sweating, stomach problems, muscle pain).	0 1 2 3
11. must "go by the book."	0 1 2 3	28. is colorless; uninteresting.	0 1 2 3
12. is sensitive to other people.	0 1 2 3	29. likes to touch or be touched.	0 1 2 3
13. becomes frustrated in the face of uncertainty.	0 1 2 3	30. has trouble finding the right words to describe his or her feelings.	0 1 2 3
14. spends a lot of time worrying about his or her body.	0 1 2 3	31. sees things only as black or white	0 1 2 3
15. is playful.	0 1 2 3	32. understands his or her needs very well.	0 1 2 3
16. is stiff; rigid.	0 1 2 3	33. puts off enjoying the good things in life, even when it is not necessary to do so.	0 1 2 3
17. likes to be close to people.	0 1 2 3		
<u>He or she</u>	<u>Circle:</u>		

Copyright © 2000, Mark G. Haviland, Ph.D.

Not to be reproduced in whole or in part without written permission. All rights reserved.
 For permission, contact Mark G. Haviland, Ph.D., Department of Psychiatry,
 Loma Linda University School of Medicine, Loma Linda, CA 92350 or mhaviland@llu.edu.