情緒調節問卷：認知重評量表(Emotion Regulation Questionnaire: Reappraisal Scale)的描述

|  |  |
| --- | --- |
| 功能 | 表現、滿意度 |
| 關聯 | 情緒體驗、情緒表達、認知重評 |
| 對象 | 普通 |
| 回應者 | 成年人 |
| 特色 | 6項7分評分項目 |
| 信度 | .79 |
| 參考 | Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. Journal of Personality and Social Psychology, 85(2), 348–362. [https://doi.org/10.1037/0022-3514.85.2.348](https://psycnet.apa.org/doi/10.1037/0022-3514.85.2.348)  Zhang, C. Q., Chung, P. K., Si, G. Y., Du, M. M., & Liu, J. D. (2014). Tests of reliability and validity of the emotion regulation questionnaire(ERQ) in Chinese Athletes and Students. *Chinese Journal of Sports Medicine (in Chinese), 33*(9), 907-913. |

情緒調節問卷：認知重評量表的計分

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 回應 | 非常不同意 | 不同意 | 有點不同意 | 中立 | 有點同意 | 同意 | 非常同意 |
| 项目1-6的分數 | 0 | 16.67 | 33.33 | 50 | 66.67 | 83.33 | 100 |

|  |  |
| --- | --- |
| 量表得分：项目分數的平均 | 行動 |
| 70-100 | 讚賞 |
| 30-70 | 需要稍作提升 |
| 0-30 | 需要積極提升 |