Description of Emotion Regulation Questionnaire: Suppression Scale

|  |  |
| --- | --- |
| Function | performance, satisfaction |
| Relevance | emotion experience, emotional expression, expression suppression |
| Target | General |
| Respondent | Adults |
| Feature | 4 items in 7-likert rating scale |
| Reliability | .73 |
| References | 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.  |

Scoring of Emotion Regulation Questionnaire: Suppression Scale

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Response | Strongly disagree | Disagree | A little disagree | Neutral | A little agree | Agree | Strongly agree |
| Score for Items 1–4 | 0 | 16.67 | 33.33 | 50 | 66.67 | 83.33 | 100 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Appreciation  |
| 30-70 | Some concern for promotion |
| 0-30 | Great concern for promotion |