

Emotion Regulation Questionnaire Scoring Procedure

Two subscales:

- 1) Cognitive Reappraisal (items 1, 3, 5, 7, 8, 10)
- 2) Expressive Suppression (items 2, 4, 6, 9)

Add items for each subscale, separately. Cognitive Reappraisal score ranges 6-42. Higher scores suggest participant's tendency to utilize cognitive reappraisal in his/her emotional life.

Expressive Suppression score ranges 4-28. Higher scores indicate participant's tendency to employ expressive suppression in his/her emotional life.