Emotion Regulation Knowledge Scales (ERKS)

Here is a list of statements about how some people might deal with their emotions. If you would like, someone can help you read these items. As you read each item (or listen and read along), please think about what your beliefs and opinions are about the statement.

--If you think the statement is true and it lines up with your opinions, select *True* ✔.

--If you think the statement is false or not true in your opinion, select *False* ✖.

--If you are not sure whether it is *True* or *False*, select *Not Sure* **?**.

Please give an answer for every statement.

#	Statement	True	False	Not Sure
1	It is impossible for me to reach my goals.	True ✔	False ✖	Not Sure ?
2	I should use more coping skills when my feelings are strong.	True ✔	False ✖	Not Sure ?
3	I can change situations I am in.	True ✔	False ✖	Not Sure ?
4	I should leave a situation when it becomes too risky.	True ✔	False ✖	Not Sure ?
5	I can change my thoughts to help me reach my goals.	True ✔	False ✖	Not Sure ?
6	I can't change situations I am in.	True ✔	False ✖	Not Sure ?
7	Some activities will help me focus my mind.	True ✔	False ✖	Not Sure ?
8	Paying attention to my thoughts always makes me feel worse.	True ✔	False ✖	Not Sure ?
9	I can still work towards my goals after a mistake.	True ✔	False ✖	Not Sure ?
10	It is impossible to think about how to manage my feelings.	True ✔	False ✖	Not Sure ?
11	I can think more clearly when I am calm.	True ✔	False ✖	Not Sure ?
12	Staying in risky situations helps me.	True ✔	False ✖	Not Sure ?
13	It is best to ask people for things when I am calm.	True ✔	False ✖	Not Sure ?
14	Talking to people I trust can help me be safe.	True ✔	False ✖	Not Sure ?
15	Some actions help me reach my goals and other actions do not.	True ✔	False ✖	Not Sure ?
16	Nothing will help me feel better when I am very upset.	True ✔	False ✖	Not Sure ?
17	All situations are risky.	True ✔	False ✖	Not Sure ?
18	Noticing my breathing increases my stress.	True ✔	False ✖	Not Sure ?
19	It is helpful to encourage myself with positive thoughts.	True ✔	False ✖	Not Sure ?
20	It is impossible to fix a mistake I made.	True ✔	False ✖	Not Sure ?
21	Some of my thoughts help me reach my goals and some do not.	True ✔	False ✖	Not Sure ?
22	It is impossible to create helpful thoughts in my mind.	True ✔	False ✖	Not Sure ?
23	Avoiding everyone keeps me safe.	True ✔	False ✖	Not Sure ?
24	I can think well when I'm very angry.	True ✔	False ✖	Not Sure ?
25	Some activities will help me feel better.	True ✔	False ✖	Not Sure ?
26	Ignoring my feelings always helps me calm down.	True ✔	False ✖	Not Sure ?

SCORING

Two scores are calculated when using the ERKS.

- **_Dysregulation-Directed Knowledge_**, is interpreted as an estimate of the amount of accessible knowledge the individual possesses that would help them avoid emotion dysregulation.
- **_Regulation-Directed Knowledge_**, is interpreted as an estimate of the amount of accessible knowledge the individual possesses that would likely facilitate successful emotion regulation and functioning when strong emotions are present.

The following steps must be followed to calculate ERKS scores.

1. Recode responses in the following way:
   a. Assign a value of "2" to every _Not Sure_ response.
   b. Assign a value of "3" to every _True_ response to True ✔ statements (see below).
   c. Assign a value of "3" to every _False_ response to False ✘ statements (see below).
   d. Assign a value of "1" to every _True_ response to False ✘ statements (see below).
   e. Assign a value of "1" to every _False_ response to True ✔ statements (see below).
2. Sum the values of items associated with a given ERKS scale to obtain a score for that scale.

Dysregulation-Directed Knowledge Items 1 + 3 + 5 + 6 + 8 + 10 + 16 + 17 + 18 + 20 + 22 + 23 + 26

Regulation-Directed Knowledge Items 2 + 4 + 7 + 9 + 11 + 12 + 13 + 14 + 15 + 19 + 21 + 24 + 25

Item		Correct Answer	DDK	RDK
1	It is impossible for me to reach my goals.	False ✘	F = 3; NS = 2; T = 1	
2	I should use more coping skills when my feelings are strong.	True ✔		F = 1; NS = 2; T = 3
3	I can change situations I am in.	True ✔	F = 1; NS = 2; T = 3	
4	I should leave a situation when it becomes too risky.	True ✔		F = 1; NS = 2; T = 3
5	I can change my thoughts to help me reach my goals.	True ✔	F = 1; NS = 2; T = 3	
6	I can't change situations I am in.	False ✘	F = 3; NS = 2; T = 1	
7	Some activities will help me focus my mind.	True ✔		F = 1; NS = 2; T = 3
8	Paying attention to my thoughts always makes me feel worse.	False ✘	F = 3; NS = 2; T = 1	
9	I can still work towards my goals after a mistake.	True ✔		F = 1; NS = 2; T = 3
10	It is impossible to think about how to manage my feelings.	False ✘	F = 3; NS = 2; T = 1	
11	I can think more clearly when I am calm.	True ✔		F = 1; NS = 2; T = 3
12	Staying in risky situations helps me.	False ✘		F = 3; NS = 2; T = 1
13	It is best to ask people for things when I am calm.	True ✔		F = 1; NS = 2; T = 3
14	Talking to people I trust can help me be safe.	True ✔		F = 1; NS = 2; T = 3
15	Some actions help me reach my goals and other actions do not.	True ✔		F = 1; NS = 2; T = 3
16	Nothing will help me feel better when I am very upset.	False ✘	F = 3; NS = 2; T = 1	
17	All situations are risky.	False ✘	F = 3; NS = 2; T = 1	
18	Noticing my breathing increases my stress.	False ✘	F = 3; NS = 2; T = 1	
19	It is helpful to encourage myself with positive thoughts.	True ✔		F = 1; NS = 2; T = 3
20	It is impossible to fix a mistake I made.	False ✘	F = 3; NS = 2; T = 1	
21	Some of my thoughts help me reach my goals and some do not.	True ✔		F = 1; NS = 2; T = 3
22	It is impossible to create helpful thoughts in my mind.	False ✘	F = 3; NS = 2; T = 1	
23	Avoiding everyone keeps me safe.	False ✘	F = 3; NS = 2; T = 1	
24	I can think well when I'm very angry.	False ✘		F = 3; NS = 2; T = 1
25	Some activities will help me feel better.	True ✔		F = 1; NS = 2; T = 3
26	Ignoring my feelings always helps me calm down.	False ✘	F = 3; NS = 2; T = 1	
		Column Total		

Code for Scoring ERKS using R

1. Ensure dataset is labeled "data"
2. Label ERKS items in the following way: erks# (e.g., Item #1 would be erks1)
3. Ensure responses are coded the following way: 1=True, 2=Not Sure, 3=False
4. Run following code

#####Recode ERKS Data#####

#Recode True items
data <- data %>% mutate_at(vars(erks2, erks3, erks4, erks5, erks7, erks9, erks11, erks13, erks14, erks15, erks19, erks21, erks25), car::recode, "1=3; 2=2; 3=1")

#Recode False items
data <- data %>% mutate_at(vars(erks1, erks6, erks8, erks10, erks12, erks16, erks17, erks18, erks20, erks22, erks23, erks24, erks26), car::recode, "1=1; 2=2; 3=3")

#####Calculate ERKS Scores#####

#Dysregulation-Directed Knowledge: Amount of accessible knowledge that would help avoid emotion dysregulation.
data$erksDK <- data$erks1 + data$erks3 + data$erks5 + data$erks6 + data$erks8 + data$erks10 + data$erks16 + data$erks17 + data$erks18 + data$erks20 + data$erks22 + data$erks23 + data$erks26

#Regulation-Directed Knowledge: Amount of accessible knowledge that would likely facilitate successful emotion regulation and functioning when strong emotions are present.
data$erksRK <- data$erks2 + data$erks4 + data$erks7 + data$erks9 + data$erks11 + data$erks12 + data$erks13 + data$erks14 + data$erks15 + data$erks19 + data$erks21 + data$erks24 + data$erks25