



Exploring a new
Measure of
Emotion
Regulation

Would you like to help us test a new questionnaire designed to measure how people manage their emotions?

A new questionnaire has been developed which we think could be helpful in understanding how people with different mental health difficulties manage their emotions. We want to collect answers to this questionnaire along with some other relevant information to find out how well the questionnaire measures the ideas it is intended to measure.

We are asking a wide range of people to complete a number of questionnaires online. We are gathering responses from people who have different mental health difficulties and people without any particular mental health difficulties. Comparing answers between these groups of people will help show how useful the questionnaire is.

If you choose to take part follow the QR code or link below and you will be directed to some questionnaires to complete online. These may take up to 20 minutes to complete. The questionnaires will ask you about different aspects of your mental wellbeing as well as more detailed questions about managing your emotions.

If you would like any further information then please feel free to contact the lead researcher (Dr Alison Roberts – alison.roberts@sussex.ac.uk).



https://universityofsussex.eu.qualtrics.com/jfe/form/SV_eaqXOemiYtHglF3

Please copy and paste this link in to your browser if the link doesn't click through

