

# Psychometric properties of frequency and self-efficacy questionnaires of emotional regulation in Mexico<sup>1</sup>

## Propiedades psicométricas de los cuestionarios de frecuencia y autoeficacia de la regulación emocional en México

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## Abstract

*Objective.* Investigate the psychometric properties of the Emotion Regulation Questionnaire Frequency (ERQ-FR) and Self-Efficacy (ERQ-SE) scales in a Mexican sample. *Method.* A non-experimental, ex post facto exploratory study was carried out to assess the internal consistency and validity of both questionnaires, 471 adults participated. *Results.* The analysis of the internal consistency of both scales showed acceptable reliability (ERQ-FR: Chronbach's alpha = .71; and ERQ-SE Chronbach's alpha = .87). An exploratory factor analysis found two factors that explained 56,0% of the variance in the ERQ-FR and 62,4% of the variance in the ERQ-SE. The confirmatory factor analysis

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showed acceptable indexes of adjustment and confirmed a two-factor structure for each scale, factor one was named cognitive reappraisal, and factor two was named expressive suppression. *Conclusion.* The ERQ-FR and ERQ-SE are instruments to assess frequency of use and perceived ability to implement cognitive reappraisal and expressive suppression as emotion regulation strategies in the Mexican population.

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Key words:

Emotional regulation, Cognitive reappraisal, Expressive suppression, Self-efficacy.

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## Resumen

*Objetivo.* Investigar las propiedades psicométricas de los cuestionarios de Regulación Emocional Frecuencia (ERQ-FR) y Autoeficacia (ERQ-SE) en una muestra mexicana. *Método.* Se realizó un estudio exploratorio no experimental, *ex post facto*, en el que participaron 471 adultos. *Resultados.* El análisis de consistencia interna de ambas escalas mostró una confiabilidad adecuada (ERQ-FR  $\alpha = .71$ ; y ERQ-SE  $\alpha = .87$ ). El análisis factorial exploratorio mostró dos factores que explicaban el 56,0% de la varianza en el ERQ-FR y el 62,4% de la varianza en el ERQ-SE. El análisis factorial confirmatorio mostró índices de ajuste aceptables y confirmó una estructura de dos factores para cada escala; el factor uno se denominó reevaluación cognitiva y el factor dos, supresión expresiva. *Conclusión.* Ambos cuestionarios son instrumentos para evaluar la frecuencia de uso y la habilidad percibida para implementar la reevaluación cognitiva y la supresión expresiva como estrategias de regulación de la emoción en población mexicana.

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Palabras clave:

Regulación emocional, Reevaluación cognitiva, Supresión expresiva, Autoeficacia.

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# Introduction

Emotional regulation (ER) is a key feature of mental health (Gómez-Pérez y Calleja-Bello, 2016). It refers to the ability to implement a variety of strategies to regulate, modify or enhance different emotions (Gross & John, 2003). More generally, ER involves explicit or implicit process through which an individual applies strategies to modify current emotional states in order to achieve personal and social goals that favor adaptation and psychological flexibility (Gómez-Pérez y Calleja-Bello, 2016).

Emotional regulation is considered a complex cognitive regulatory process (Charland, 2011; Cole et al., 2004; Company et al., 2012; Eisenberg & Spinrad, 2004; Gross & John, 2003; Kappas, 2011; Koole, 2009; Koole et al., 2011). Furthermore, there are different methods for the measurement of ER that differ in the quantity and nature of the factors (Gómez-Pérez y Calleja-Bello, 2016). In Mexico, at present, there are two self-report tools to measure emotion regulation which focus on the evaluation of strategies to regulate emotions such as love, anger, or fear (Gómez-Pérez y Calleja-Bello, 2016; Gross & Thompson, 2007).

A recent literature review (Gómez-Pérez y Calleja-Bello, 2017) showed that among the existing self-report tools to measure ER one of the most studied is the Emotion Regulation Questionnaire (ERQ-FR) developed by Gross and John (2003). The ERQ-FR has been translated into different languages and has shown adequate psychometric properties. The ERQ focuses on evaluating the trait use of two specific forms of emotional regulation: cognitive reappraisal and the suppression of emotional expression (Gross, 1998; Gross & John, 2003).

Cognitive reappraisal refers to the ability to modify cognitions (i.e., beliefs and interpretations) related to an emotion trigger in order to up or down-regulate its emotional impact (Gross, 1998). This is achieved by taking different perspectives, restructuring one's belief, and monitoring the effectiveness of the reappraisal or reinterpretation of a given thought or situation (Goldin et al., 2012). It is considered an adaptive form of ER that helps modify exaggerated emotional reactivity and maintain emotional balance.

The strategy of suppressing emotional expression aims to modify the behavioral manifestation of an emotional response, for example, when someone hides an angry expression when facing a frustrating situation (Cabello et al., 2012; Gross, 1998). It is considered a maladaptive form of ER in that it is often associated with increases in emotion intensity and physiological reactivity. However, the purpose and effectiveness of each ER strategy is context dependent.

As previously mentioned, depending on the individual characteristics and the experience of each person and the specific context, one or the other strategy is used more frequently. For example, it has been observed that people who use cognitive reappraisal more frequently tend to have fewer depressive symptoms, higher self-esteem, and satisfaction with life. In

contrast, individuals who use suppression of emotion expression more frequently tend to qualify their emotions as unfavorable or a negative aspect of their personality and tend to have the sensation of experiencing positive emotions more superficially (Cabello et al., 2012; Gross & John, 2003).

These two strategies are relevant for research since they are known to be strategies in common use in different populations and can be manipulated in a laboratory. Furthermore, reappraisal and suppression are observed and measured at different moments of the unfolding emotional process, that is, before, during and after emotions have fully emerged (Gross & John 2003).

The Emotional Regulation Questionnaire (ERQ-FR) consists of ten items that evaluate the frequency of use of two different emotional regulation strategies: six items evaluate cognitive reassessment and four that evaluate the suppression of emotional expression (Gross & John, 2003). This scale has been adapted in different English-speaking countries, as well as in Germany, Italy, Spain and Peru (Cabello et al., 2012; Gargurevich & Matos, 2010; Wiltink et al., 2011). These studies have confirmed the internal consistency of the trait use of reappraisal and expressive suppression subscales, their validity, reliability and usefulness to evaluate these emotional regulation strategies. Although it has been tested mainly in student populations, in Spain and Australia evidence of validity has also been found in general populations, maintaining good reliability indices (Cabello et al., 2012; Gómez-Pérez y Calleja-Bello, 2016; Preece et al., 2019).

Although there are instruments to evaluate emotional regulation in Spanish, the ERQ-FR has not been adapted to the Mexican population. This constitutes an important missing tool for the study of emotion regulation. Furthermore, there is a newer version of the ERQ that assesses frequency of use and self-efficacy (ERQ-SE) of cognitive reappraisal and suppression of emotional expression derived from the original ERQ-FR by Gross (1998) and adapted as a clinical interview in other studies (Werner et al., 2011). These two tools have not been adapted to Spanish. In particular, the addition of self-efficacy of emotion regulation could constitute an important assessment resource. The construct of self-efficacy refers to the perceived ability to achieve a specific goal (Bandura, 1977). There is also evidence that self-efficacy is a good predictor of change in thought and behavior (Bandura & Cervone, 1986) and it has been associated with the efficacy of the treatment of patients with different health problems (Benyon et al., 2010; Côté & Bouchard, 2009; Delsignore et al., 2008; Gaudiano & Herbert, 2007; Kadden & Litt, 2011; Rottmann et al., 2010; Schnoll et al., 2011; Steele et al., 2011). When applied to emotional regulation, it indicates the perceived ability to successfully implement an emotional regulation strategy when needed (Goldin et al., 2009).

The purpose of the present study was to adapt the revised ERQ with its two versions, - *frequency of use* and *self-efficacy* for cognitive reappraisal (CR) and for expressive suppression (ES) - and to evaluate its psychometric properties in a Mexican sample.

# Method

## Study design

The research was conducted using a non-experimental, cross-sectional, instrumental design (Ato et al., 2013; Montero & León, 2007).

## Participants

To carry out an analysis of internal consistency and an exploratory factor analysis of the revised ERQ, 246 participants were recruited from the general population. Inclusion criteria included being over 18 years of age, agreeing to participate in the study, and having Mexican nationality. Subsequently, to carry out a confirmatory factor analysis, a separate sample of 225 Mexican participants were recruited using the same inclusion criteria.

The 246 participants recruited for the exploratory analysis had a mean age of 37.9 (SD = 12.8) years, and 185 (75,2%) were females. Regarding educational level, most of the participants reported at least a bachelor's degree (86,9%), 12,2% reported only high school level studies and 0,09% reported only elementary education. The 225 participants recruited for the confirmatory factorial analysis had a mean age of 33.4 (SD = 11.5) years, and 147 (64,3%) were females. Regarding educational level, 81,8% of the participants reported at least a bachelor's degree, and the rest reported only high school level studies.

## Procedure

Participants were recruited through a direct email invitation or through social media networks (primarily whatsapp or facebook). The first section of the invitation explained the inclusion criteria that the potential participant had to meet to enroll in the study. If they agreed to participate, they were redirected to an electronic version of the questionnaires.

## Instruments

- a) *Emotion Regulation Questionnaire - Frequency (ERQ-FR)* (Gross & John, 2003) is designed to evaluate the frequency with which people use two different emotion regulation strategies: cognitive reappraisal (CR) and expressive suppression (ES) of emotions. The original ERQ-FR has a Likert-type structure with seven response options from completely disagree to completely agree. The ERQ consists of ten items with six items related to CR and four items related to ES. Previous research indicates that the scale has good internal consistency, with Chronbach's alpha values ranging from .83 to .86 (Moscovitch et al., 2011; Preece et al., 2019) and a strong convergent and discriminant validity in its original

- version reported by Gross and John (2003). The Mexican Spanish translation of the ERQ was created using a reverse translation procedure with two independent translators.
- b) *Emotion Regulation Questionnaire – Self-Efficacy (ERQ-SE)* (Gross, 1998) is designed to measure a person's belief in her/his capacity to implement successfully CR and ES when so desired. The original ERQ-SE has a Likert-type structure with seven response options from completely disagree to completely agree. The ERQ-SE consists of ten items with six items related to CR and four items related to ES. Their psychometric properties have not yet been reported, and the Mexican Spanish translation of the questionnaire was created using a reverse translation procedure with two independent translators.
- c) *Positive and Negative Affect Scale (PANAS)* (Watson et al., 1988). The PANAS adapted to Spanish (Robles y Páez, 2003) consists of 20 items with five response options that assess the intensity with which positive or negative affect has been experienced during the last week or generally as a trait. For the purpose of this research, only the measurement of affect as a state was used. In our study, the internal consistency of the positive affect factor was .85 and in the negative affect factor was .81. The internal consistency coincided with that reported by the authors of the original version. This PANAS was incorporated into the present study to assess validity related to the ERQ-FR and SE.

## Statistical Analysis

Statistical analyses were conducted using the SPSS version 21 package and AMOS 24 program. Descriptive statistics analyses were carried out to explore the general characteristics of the participants. To test if it was feasible to perform an exploratory factor analysis, we used the Kaiser-Meyer-Olkin (KMO) analysis to verify the sample size adequacy and the Bartlett sphericity test to check for redundancy between variables summarized into factors; once these coefficients were verified, the exploratory factor analysis was carried out with the principal components extraction method and a varimax rotation. Later we conducted a confirmatory factor analysis based on structural equations modelling (Byrne, 2001; Kline, 2005). For this analysis we set the variances of the error terms as free parameters and used maximum likelihood estimation. The indicators of goodness of fit obtained were  $\chi^2$  between the degrees of freedom (the ratio should be  $\leq 4.00$ , since the lower the index, the better the fit), the Bentler's comparative fit index (CFI) (the closest the value to 0.90, the better the fit), and root mean square error of approximation (RMSEA) (usually a good fit is  $\leq 0.05$ ). The indicators obtained of relative fit ( $\leq .90$  is generally considered a good fit), were the following: 1) normalized fit index (NFI); 2) incremental fit index (IFI), 3) comparative fit index (CFI).

In the search for other evidence of validity, a correlation analysis was performed, using a Spearman rho test between the scores of the subscales of both instruments and the positive and negative affect scores. Finally a mean comparison analysis was carried out by means of a Mann Whitney test to verify if there were gender differences in the scores of both scales; the decision to use non-parametric tests for these analyses was made after verifying that the data did not comply with a normal distribution through the Shapiro Wilks analysis. .

# Results

## Reliability analysis and exploratory factor analysis

For the ERQ-Frequency, we observed a Cronbach's alpha of .71, additionally the omega coefficient was obtained showing similar results ( $\omega = .70$ ). The elimination of any of the items from the ERQ-Frequency did not increase the reliability coefficient. To test the sample size adequacy, we used the Kaiser-Meyer-Olkin (KMO) sample adequacy analysis and found a value of .802, which suggests an adequate sample size. Using the Bartlett sphericity test to check for redundancy between variables summarized into factors, we found that it was feasible to perform an exploratory factor analysis with the data obtained ( $\chi^2 [df 451] = 119$ ,  $p < .001$ ). The exploratory factor analysis resulted in two factors that explained 56% of the variance, with the first factor consisting of six items that evaluate cognitive reappraisal and the second factor consisting of four items that evaluate expressive suppression. Table 1 shows the result of the internal consistency analysis and the factorial structure of the exploratory analysis.

Table 1.

Results of the internal consistency analysis and the exploratory factor analysis of the Emotional Regulation Frequency Questionnaire (ERQ-FR)

	Cognitive reappraisal ( $\alpha = .83$ )	Expressive suppression ( $\alpha = .72$ )
1. Cuando quiero sentir una emoción más positiva (como alegría o diversión), cambio lo que estoy pensando.	.655	
3. Cuando quiero sentir menos una emoción negativa (como tristeza o enojo), cambio lo que estoy pensando.	.727	
5. Cuando me enfrento a una situación estresante, me permito pensar en ella de manera que me ayude a mantener la calma.	.571	
7. Cuando quiero sentir una emoción más positiva, cambio la manera en la que estoy pensando sobre esa situación.	.810	
8. Controlo mis emociones cambiando la forma en que pienso acerca de la situación en la que me encuentro.	.811	
10. Cuando quiero sentir menos emoción negativa, cambio la forma en la que estoy pensando la situación.	.857	
2. Cuando realmente lo quiero, soy muy capaz de guardar mis emociones para mí mismo.		.709

	<b>Cognitive reappraisal</b> ( $\alpha = .83$ )	<b>Expressive suppression</b> ( $\alpha = .72$ )
4. Cuando realmente lo quiero, soy muy capaz de no expresar emociones positivas cuando las estoy sintiendo.		.716
6. Cuando realmente lo quiero, soy muy capaz de controlar mis emociones al no expresarlas.		.825
9. Cuando realmente lo quiero, soy muy capaz de no expresar emociones negativas cuando las estoy sintiendo.		.707
Total explained variance: 56 %		
General internal consistency (Cronbach's Alpha): $\alpha = .71$		

Source: Self-made.

For the ERQ-Self-Efficacy, an internal consistency was very good, Cronbach's alpha was .87 additionally, the omega coefficient was obtained showing similar results ( $\omega = .84$ ), elimination of items from the scale didn't increase the reliability coefficient. Subsequently, the Kaiser-Meyer-Olkin (KMO) sample adequacy analysis and the Bartlett sphericity test were carried out. The KMO test value was .873, suggesting that the sample size was sufficient. Bartlett's sphericity test was equal to  $\chi^2 = 1297.975$  ( $df = 45$ ;  $p < .001$ ) indicating that it was feasible to perform an exploratory factor analysis with the data obtained. An exploratory factor analysis was performed using the principal component extraction method and varimax rotation, which yielded a two-factor structure that explained 65% of the variance; the first factor was named cognitive reappraisal and consisted of 6 items, while the second factor was labeled expressive suppression and had four items. Table 2 shows these data.

Table 2.

Results of the internal consistency analysis and the exploratory factor analysis of the Emotional Regulation Self-Efficacy Questionnaire (ERQ SE)

	<b>Cognitive reappraisal</b> ( $\alpha = .91$ )	<b>Expressive suppression</b> ( $\alpha = .75$ )
1. Cuando realmente lo quiero, soy muy capaz de cambiar la forma en que estoy pensando acerca de una situación, cuando quiero sentir una emoción más positiva (como alegría o diversión).	.799	
3. Cuando realmente lo quiero, soy muy capaz de cambiar en lo que estoy pensando, cuando quiero sentir una emoción menos negativa (como tristeza o enojo).	.839	
5. Cuando realmente lo quiero, soy muy capaz de pensar acerca de una situación estresante de una manera que me ayude a mantener la calma.	.709	



	Cognitive reappraisal ( $\alpha = .91$ )	Expressive suppression ( $\alpha = .75$ )
7. Cuando realmente lo quiero, soy muy capaz de cambiar lo que estoy pensando cuando quiero sentir una emoción más positiva.	.871	
8. Cuando realmente lo quiero, soy muy capaz de controlar mis emociones al cambiar la forma en que pienso acerca de la situación en la que me encuentro.	.868	
10. Cuando realmente lo quiero, soy muy capaz de cambiar la forma en que estoy pensando de una situación cuando quiero sentir una emoción menos negativa.	.834	
2. Cuando realmente lo quiero, soy muy capaz de guardar mis emociones para mí mismo.		.793
4. Cuando realmente lo quiero, soy muy capaz de no expresar emociones positivas cuando las estoy sintiendo.		.729
6. Cuando realmente lo quiero, soy muy capaz de controlar mis emociones al no expresarlas.		.813
9. Cuando realmente lo quiero, soy muy capaz de no expresar emociones negativas cuando las estoy sintiendo.		.628
Total explained variance: 65 %		
General internal consistency (Cronbach's Alpha): $\alpha = .87$		

Source: Self-made.

## Confirmatory factor analysis

We conducted a confirmatory factor analysis based on structural equations modelling (Byrne, 2001; Kline, 2005). We set the variances of the error terms as free parameters and used maximum likelihood estimation. The indicators of goodness of fit obtained for the EQR Self-Efficacy scale were:  $\chi^2/df = 82.195 / 34 = 2.41$ , CFI = 0.95, RMSEA = .08, NFI = .93; 2) IFI = .95, CFI = .95. The indicators of goodness of fit obtained for the EQR Frequency scale were:  $\chi^2 = 65.104 / 34 = 1.91$ , CFI = .96; RMSEA = .06, NFI = .92, IFI = .96, CFI = .96. In summary, the goodness of fit indicators for both scales showed acceptable levels of fit to the data, which confirms the factorial structure obtained in the exploratory analysis.

## Correlations between PANAS and ERQ

Subsequently, an analysis was carried out to verify whether there was a relationship between the PANAS and the ERQ. The results can be seen in Table 3. The analysis of the ERQ-FR questionnaire showed a positive correlation between cognitive reappraisal factor

and positive affect ( $r_s = .354$   $p < .001$ ) while a negative relationship between positive affect and expressive suppression factor ( $r_s = -.151$   $p = .018$ ). Similarly, a negative relationship was identified between the reappraisal factor and negative affect ( $r_s = -.289$ ,  $p < .001$ ), and a positive correlation between negative affect and expressive suppression factor ( $r_s = .183$ ,  $p = .001$ ).

In the analysis of the ERQ-SE, we found a positive correlation between the cognitive reappraisal self-efficacy and positive affect ( $r_s = .302$   $p < .001$ ), and a negative correlation between cognitive reappraisal self-efficacy and negative affect ( $r_s = -.315$   $p < .001$ ).

*Table 3.*  
Correlation coefficients between the ERQ-SE questionnaire scores with the PANAS scores

	ERQ Frequency		ERQ Self-efficacy	
	Cognitive reappraisal	Expressive suppression	Cognitive reappraisal	Expressive suppression
Positive affect	.354**	-.151*	.302**	.029
Negative affect	-.289**	.183**	-.315**	-.079

\*\* The correlation is significant at the .01 level.

\*The correlation is significant at the .05 level.

Source: Self-made.

## Scores differences based on gender

By exploring the scores of the ERQ-FR and SE based on the gender of the participants, we identified significant differences in the expressive suppression subscale of both the self-efficacy ( $z = -3.1$ ,  $p < .002$ ) and the frequency scale ( $z = -2.89$ ,  $p < .004$ ) indicating that men had significantly higher scores compared to women. For cognitive reappraisal, no statistically significant differences were found for self-efficacy ( $z = -.852$ ,  $p < .394$ ) and for frequency ( $z = -.788$ ,  $p = .431$ ). The average scores obtained by the study participants can be seen in Table 4.

Table 4.

Scores form both questionnaires based on gender, taking up the scores obtained in each subscale

Questionnaire	Factor	Women	Men
		Mean (sd)	Mean (sd)
ERQ FR	Cognitive reappraisal	29.66 (7.34)	30.62 (7.64)
	Expressive suppression	13.24 (5.34)	15.70 (5.78)
ERQ SE	Cognitive reappraisal	30.49 (7.85)	31.31 (8.08)
	Expressive suppression	18.33 (5.36)	20.59 (5.21)

Source: Self-made.

## Discussion

In the present study, we translated the original English version to Spanish and examined the psychometric properties of the revised versions of the ERQ-FR and ERQ-SE in a Mexican population. In our samples, the psychometric properties of the ERQ-FR questionnaire converge with what was reported in the original version (Gross & John, 2003), as well as with the two previous versions of the questionnaire translated into Spanish (Gargurevich, & Matos, 2010; Cabello et al., 2012). This provides further evidence that the revised ERQ-FR is an adequate tool to evaluate the frequency in the trait use of two emotional regulation strategies, cognitive reappraisal and expressive suppression, in the Mexican population. The ERQ-SE, which had not been previously adapted to Spanish, showed adequate psychometric properties to assess self-efficacy for both reappraisal and expressive suppression emotional regulation strategies. This finding aligns with what was reported by Werner et al. (2011) who found that the ERQ self-efficacy items used in a clinical interview format showed adequate measurement reliability.

The adaptation of the ERQ-SE is one of the main contributions of the present study, since this is the first evaluation of psychometric properties of this scale and also self-efficacy is a highly relevant construct in various areas of psychology. Self-efficacy affects every area of human endeavor and in the field of health psychology this construct has been applied to behaviors as diverse as self-management of chronic disease, substance abuse, and pain control among others (Luszczynska et al., 2005). A strong sense of self-efficacy has proven to have a strong link to lower levels of stress and lower vulnerability to depression (Bandura, 2010). The results of the present study supports prior research (Burrell et al., 2018) indicating that self-efficacy scales require good content validity, and measurement of the full scope and content of the construct.

In relation to the factorial structure of both instruments, it is important to mention that the two-factor structure proposed in the original models was confirmed (Gross & John, 2003;

Werner et al., 2011). The first factor assessed cognitive reappraisal and the second assessed expressive suppression, which converges with the findings reported in previous studies (Cabello et al., 2012; Gargurevich, & Matos, 2010; Gross & John, 2003; Wiltink et al., 2011).

We also observed a relationship between the positive and negative affect scale (PANAS) with the ERQ frequency and self-efficacy scales. With respect to the ERQ-FR we identified a positive correlation of positive affect with the cognitive reappraisal strategy, while negative correlations were identified with the expressive suppression factor, which converges with prior studies (Cabello et al., 2012; Gross & John, 2003).

While there was no association of the PANAS and expressive suppression self-efficacy, we observed an association between the PANAS and expressive suppression frequency of use. The reason for this differential relationship between the ERQ-SE and the ERQ-FR is not entirely clear, and remains open as an area of opportunity for future research.

Regarding gender, compared to females, men reported greater frequency of use of expressive suppression. This finding replicates what has been reported previously (Cabello et al., 2012; Gargurevich & Matos, 2010; Gross & John, 2003; Wiltink et al., 2011). In Mexico there are a series of cultural values that often promote the preferential suppression of emotions in men compared to women.

## Conclusion

The ERQ-FR and ERQ-SE are instruments with adequate psychometric properties to assess the frequency and perceived ability to use cognitive reappraisal and expressive suppression in the Mexican population. It is important to continue to investigate the relationships of both scales with different clinical and sociodemographic variables in larger studies than adequately control the size of the comparison groups according to the grouping variables they wish to use. Another important area for future research is investigating how emotion regulation self-efficacy changes in the context of different clinical interventions for different types of psychological problems.

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# ANEXO 1

## Cuestionario de Regulación Emocional (ERQ FR)

Las siguientes preguntas involucran dos aspectos distintos de su vida emocional. Una es su experiencia emocional, o lo que sientes y la otra es su expresión emocional, o cómo muestra sus emociones en la forma en que habla, gesticula o se comporta. Aunque de las siguientes preguntas pueden parecer similares entre sí, difieren en aspectos importantes. Para cada ítem, por favor responda usando la siguiente escala:

1-----2-----3-----4-----5-----6-----7  
 Muy en Neutral Muy  
 desacuerdo de acuerdo

1. \_\_\_ Cuando quiero sentir una emoción más positiva (como alegría o diversión), cambié lo que estoy pensando,
2. \_\_\_ Guardo mis emociones para mí,
3. \_\_\_ Cuando quiero sentir menos una emoción negativa (como tristeza o enojo), cambio lo que estoy pensando,
4. \_\_\_ Cuando estoy sintiendo emociones positivas, soy cuidadoso de no expresarlas,
5. \_\_\_ Cuando me enfrento a una situación estresante, me permito pensar en ella de manera que me ayude a mantener la calma.
6. \_\_\_ Controlo mis emociones no expresándolas,
7. \_\_\_ Cuando quiero sentir una emoción más positiva, cambio la manera en la que estoy pensando sobre esa situación,
8. \_\_\_ Controlo mis emociones cambiando la forma en que pienso acerca de la situación en la que me encuentro,
9. \_\_\_ Cuando estoy sintiendo emociones negativas, me aseguro de no expresarlas,
10. \_\_\_ Cuando quiero sentir menos emoción negativa, cambio la forma en la que estoy pensando la situación,



## Instrucciones para la calificación ERQ-FR

El Cuestionario de Regulación Emocional (ERQ FR) proporciona información sobre el uso de dos estrategias diferentes de regulación emocional llamadas Reevaluación cognitiva y Supresión expresiva (supresión emocional) estas estrategias se evalúan por medio de los siguientes reactivos:

1. *Reevaluación cognitiva*: 1, 3, 5, 7, 8, 10
2. *Supresión expresiva*: 2, 4, 6, 9,

Para calificar el cuestionario se deben separar los reactivos de cada factor y sumarlos de manera directa para obtener el puntaje total de cada estrategia. No existen normas o puntuaciones clínicas que indiquen que un individuo tiene un nivel alto o bajo de las estrategias, más bien, las puntuaciones se utilizan de manera comparativa para examinar los resultados de personas con puntuaciones más altas o más bajas en cada factor. En caso de que se desee tener un puntaje de referencia comparativo se pueden utilizar las medias de puntuación obtenidas en el estudio de adaptación de la escala realizado por López, Moreno y Goldin (2024) que se presentan a continuación, solo considere que estas puntuaciones corresponden únicamente a la población mexicana:

Cuestionario	Factor	Mujeres	Hombres
		Promedio (d.e.)	Promedio (d.e.)
ERQ FR	Reevaluación cognitiva	29.66 (7.34)	30.62 (7.64)
	Supresión expresiva	13.24 (5.34)	15.70 (5.78)

## ANEXO 2

# Cuestionario de Regulación Emocional (ERQ SE)

A continuación, se plantean algunas preguntas sobre qué tan capaz es de controlar (es decir, regular y gestionar) su experiencia emocional y su expresión emocional. Tenga en cuenta que una persona casi nunca puede controlar su experiencia emocional o su expresión emocional en la vida cotidiana y, sin embargo, puede ser muy capaz de hacerlo si realmente lo desea. Por el contrario, con frecuencia, alguien podría tratar de controlar su experiencia emocional o expresión emocional en la vida cotidiana, pero no sentirse muy capaz de lograrlo.

Aunque algunas de las siguientes preguntas pueden parecer similares entre sí, difieren en aspectos importantes. Para cada ítem, por favor responda usando la siguiente escala:

1-----2-----3-----4-----5-----6-----7  
 Muy en Neutral Muy  
 desacuerdo de  
 acuerdo

1. \_\_\_\_ Cuando realmente lo quiero, soy muy capaz de cambiar la forma en que estoy pensando acerca de una situación cuando quiero sentir una emoción más positiva (como alegría o diversión)
2. \_\_\_\_ Cuando realmente lo quiero, soy muy capaz de guardar mis emociones para mí mismo
3. \_\_\_\_ Cuando realmente lo quiero, soy muy capaz de cambiar en lo que estoy pensando cuando quiero sentir una emoción menos negativa (como tristeza o enojo)
4. \_\_\_\_ Cuando realmente lo quiero, soy muy capaz de no expresar emociones positivas cuando las estoy sintiendo
5. \_\_\_\_ Cuando realmente lo quiero, soy muy capaz de pensar acerca de una situación estresante de una manera que me ayude a mantener la calma
6. \_\_\_\_ Cuando realmente lo quiero, soy muy capaz de controlar mis emociones al no expresarlas
7. \_\_\_\_ Cuando realmente lo quiero, soy muy capaz de cambiar lo que estoy pensando cuando quiero sentir una emoción más positiva

8. \_\_\_\_ Cuando realmente lo quiero, soy muy capaz de controlar mis emociones al cambiar la forma en que pienso acerca de la situación en la que me encuentro
9. \_\_\_\_ Cuando realmente lo quiero, soy muy capaz de no expresar emociones negativas cuando las estoy sintiendo
10. \_\_\_\_ Cuando realmente lo quiero, soy muy capaz de cambiar la forma en que estoy pensando de una situación cuando quiero sentir una emoción menos negativa

## Instrucciones para la calificación ERQ-SE

El Cuestionario de Regulación Emocional (ERQ SE) proporciona información sobre la capacidad percibida de las personas para utilizar dos estrategias diferentes de regulación emocional llamadas Reevaluación cognitiva y Supresión expresiva (supresión emocional) estas estrategias se evalúan por medio de los siguientes reactivos:

1. *Reevaluación cognitiva*: 1, 3, 5, 7, 8, 10
2. *Supresión expresiva*: 2, 4, 6, 9,

Para calificar el cuestionario se deben separar los reactivos de cada factor y sumarlos de manera directa para obtener el puntaje total de cada estrategia. No existen normas o puntuaciones clínicas que indiquen que un individuo tiene un nivel alto o bajo de las estrategias, más bien, las puntuaciones se utilizan de manera comparativa para examinar los resultados de personas con puntuaciones más altas o más bajas en cada factor. En caso de que se desee tener un puntaje de referencia comparativo se pueden utilizar las medias de puntuación obtenidas en el estudio de adaptación de la escala realizado por López, Moreno y Goldin (2024) que se presentan a continuación, solo considere que estas puntuaciones corresponden únicamente a la población mexicana:

Cuestionario	Factor	Mujeres	Hombres
		Promedio (d.e.)	Promedio (d.e.)
ERQ SE	Reevaluación cognitiva	30.49 (7.85)	31.31 (8.08)
	Supresión expresiva	18.33 (5.36)	20.59 (5.21)