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For office use only.

DERS: Version 1/29/2014

FORMV

Patient ID _____ - _____ - _____
ID

DERSDAT Form Completion Date ____/____/20____
mm dd yy

VISIT Visit: _____

Directions: Please indicate how often the following statements apply to you by circling the appropriate number from the scale to the right of each of the items.

	Almost never (0-10%)	Some- times (11-35%)	About half the time (36-65%)	Most of the time (66-90%)	Almost always (91-100%)
1) I am clear about my feelings.	CLER	2	3	4	5
2) I pay attention to how I feel.	PAYATTN	2	3	4	5
3) I experience my emotions as overwhelming and out of control.	OVERWHEL 1	2	3	4	5
4) I have no idea how I am feeling.	NOIDEA	2	3	4	5
5) I have difficulty making sense out of my feelings.	NOSENSE	2	3	4	5
6) I am attentive to my feelings.	ATTENTV	2	3	4	5
7) I know exactly how I am feeling.	EXACTLY	2	3	4	5
8) I care about what I am feeling.	CARE	2	3	4	5
9) I am confused about how I feel.	CONFUSED	2	3	4	5
10) When I'm upset, I acknowledge my emotions.	ACKNOWL	2	3	4	5
11) When I'm upset, I become angry with myself for feeling that way.	ANGRY 1	2	3	4	5
12) When I'm upset, I become embarrassed for feeling that way.	EMBARRAS 1	2	3	4	5
13) When I'm upset, I have difficulty getting work done.	WORKDONE	2	3	4	5
14) When I'm upset, I become out of control.	NOCTRL	2	3	4	5
15) When I'm upset, I believe that I will remain that way for a long time.	REMAIN 1	2	3	4	5
16) When I'm upset, I believe that I'll end up feeling very depressed.	DEPRESD 1	2	3	4	5

	Almost never (0-10%)	Some- times (11-35%)	About half the time (36-65%)	Most of the time (66-90%)	Almost always (91-100%)
17) When I'm upset, I believe that my feelings are valid and important.	VALID 1	2	3	4	5
18) When I'm upset, I have difficulty focusing on other things.	NOFOCUS 1	2	3	4	5
19) When I'm upset, I feel out of control.	OUTCTRL	2	3	4	5
20) When I'm upset, I can still get things done.	GETDONE	2	3	4	5
21) When I'm upset, I feel ashamed with myself for feeling that way.	ASHAMED 1	2	3	4	5
22) When I'm upset, I know that I can find a way to eventually feel better.	FEELBTR 1	2	3	4	5
23) When I'm upset, I feel like I am weak.	WEAK	2	3	4	5
24) When I'm upset, I feel like I can remain in control of my behaviors.	INCTRL 1	2	3	4	5
25) When I'm upset, I feel guilty for feeling that way.	GUILTY	2	3	4	5
26) When I'm upset, I have difficulty concentrating.	DIFFCON	2	3	4	5
27) When I'm upset, I have difficulty controlling my behaviors.	DIFFCTRL 1	2	3	4	5
28) When I'm upset, I believe that there is nothing I can do to make myself feel better.	NOCANDO 1	2	3	4	5
29) When I'm upset, I become irritated with myself for feeling that way.	IRRITAT 1	2	3	4	5
30) When I'm upset, I start to feel very bad about myself.	VERYBAD	2	3	4	5
31) When I'm upset, I believe that wallowing in it is all I can do.	WALLOW 1	2	3	4	5
32) When I'm upset, I lose control over my behaviors.	LOSECTRL	2	3	4	5
33) When I'm upset, I have difficulty thinking about anything else.	DIFFTHNK 1	2	3	4	5
34) When I'm upset, I take time to figure out what I'm really feeling.	FIGURE 1	2	3	4	5
35) When I'm upset, it takes me a long time to feel better.	FEELBETR	2	3	4	5
36) When I'm upset, my emotions feel overwhelming.	OVERWLM	2	3	4	5