Appendix A:

**Burden of State Emotion Regulation Questionnaire (B-SERQ)**

Over the time period indicated, record how often each statement has been true about you, on the following scale:

**0** – Never, **1** – Once or twice, **2** – Sometimes, **3** – Often, **4** – All the time

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | The past two weeks, *excluding* today | Over the course of today |
|  | I have made sure not to show my positive emotions. |  |  |
|  | I have made sure not to show my negative emotions. |  |  |
|  | I have forced myself to respond positively. |  |  |
|  | It has been difficult to maintain a neutral/pleasant facial expression. |  |  |
|  | It has been difficult to maintain an even tone of voice. |  |  |
|  | I have fought to hold back tears. |  |  |
|  | I have worked hard not to say what I was really thinking. |  |  |
|  | I have remained silent in order to keep myself from an angry outburst, or from saying something I didn’t mean. |  |  |
|  | I have worked hard to control, for example, impulses to throw or hit things. |  |  |
|  | I have had to work hard to control/moderate my breathing. |  |  |
|  | I have worked hard not to show I was scared. |  |  |
|  | It has been difficult not to laugh out loud. |  |  |
|  | I have worked hard not to make an inappropriate joke or comment. |  |  |
|  | It has been difficult not to blurt out something I was excited about (where it was inappropriate or interrupted someone else). |  |  |