

EMOTION EFFICACY SCALE 2 -(EES2)- revised

Overview

This scale assesses the degree to which people can respond to a full range of emotions in a contextually adaptive, values-consistent manner. This scale has been validated for adults ages 18 and older.

Scoring/ Interpretation

- 10 items total
- Items 3-8 are reverse scored
- Score can range from 10-50
- Items are summed; a higher score indicates higher emotion efficacy

Percentile Rankings

Based on a validation study (n=24) with a clinical population:

Total score >19: 25th percentile
Total score >25: 50th percentile
Total score >31: 75th percentile
Total score >37: 90th percentile

Use of this scale

No permission is needed to use this scale for clinical purposes. If you are using this scale in conjunction with research, please notify aprilia@drapriliawest.com.

Developer

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Learn More:

Shannon, M. (2018). *Measuring emotion regulation, psychological flexibility and valued living through the Emotion Efficacy Scale: A validation study*. (doctoral dissertation)

McKay, M., & West, A. (2016). *Emotion efficacy therapy: A brief, exposure-based treatment for emotion regulation integrating ACT & DBT*. Oakland, CA: Context Press.

www.emotionefficacytherapy.com

EMOTION EFFICACY SCALE 2 - (EES2)

Using the 1-- 5 scale below, put an X in the box under the number that best describes you.

1-----2-----3-----4-----5
 strongly disagree mildly disagree disagree/agree equally mildly agree strongly agree

Note that "intense emotions" can be negative (like irritability, anger, fear, anxiety, depression, guilt, upset) or positive (like mania, elation, or euphoria), or a combination of both.

#	Item	1	2	3	4	5
1	I am usually aware of my thoughts, sensations, feelings, and urges					
2	I have the skills to recover when I experience intense emotions					
3	When I experience intense emotions, I believe I will lose control					
4	When I experience intense emotions, it is difficult for me to recover					
5	I find it difficult not to act on my urges					
6	I struggle to do what matters most to me when I am upset					
7	I will usually do most anything to avoid feeling upset					
8	My emotions often interfere with my wellbeing					
9	I usually fulfill my responsibilities even when I experience intense emotions					
10	I believe I handle intense emotions without any problem					