

FEEL-KJ-2

Emotion Regulation Strategies Questionnaire
Standard Report

Sarah Clarke

ID 169161-387

Date of Assessment

01/31/2024

Overview

Structure of this Report

- **Results**
- **Profile Sheet**
- **Table of Scores**
- **Scale Details**
- **Response Statistics**

Only qualified psychologists or appropriately trained professionals should interpret this report.

Results

First Name:	Sarah
Last Name:	Clarke
Age:	14;7
Grade:	9th grade

The Emotion Regulation Strategies Questionnaire (FEEL-KJ-2) is a self-report questionnaire for children, adolescents, and young adults ages 9–20 years that evaluates the behaviors they use to manage their emotions. Scores are being compared with the “**Adolescents (14 years)**” from the 2024 standardization group in the United States.

The FEEL-KJ-2 measures the way the respondent indicated they behave when angry (30 questions), anxious (30 questions), or sad (30 questions). Their answers are pulled into categories of positive behavior (adaptive strategies), negative behavior (maladaptive strategies), or positive/negative behaviors depending upon the situation (additional strategies).

Background

The same 30 questions are used to assess all three emotions (anger, anxiety, sadness) and the behavior described in the question is rated according to the extent the respondent uses it in the situation. Ratings are along a five-point Likert scale ranging from never/almost never to always/almost always.

The 90 items are organized into 15 scales, with each scale referring to a particular strategy for emotion regulation. They are divided into three categories:

- Seven positive or adaptive strategies;
- Five negative or maladaptive strategies; and
- Three additional strategies (that could be positive or negative, depending on the situation).

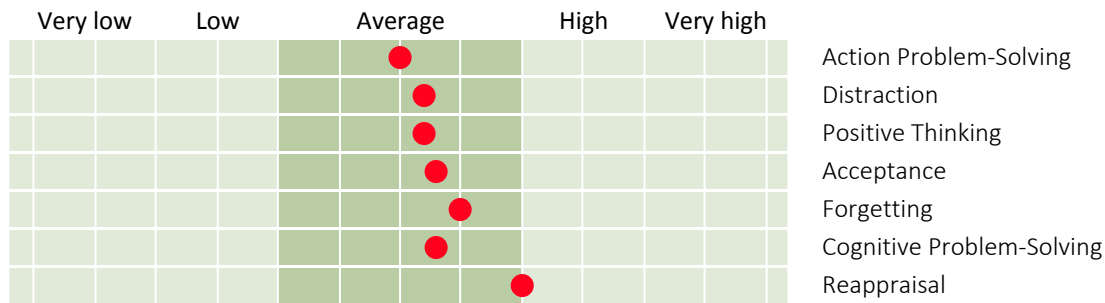
Scores are calculated for each of the 15 strategies, and totals for the overarching categories of adaptive strategies and maladaptive strategies. Within these two overarching categories, totals are also provided for anger, anxiety, and sadness, to see if the type of strategy being applied by the respondent differs between the three emotions.

T-scores are used to interpret how frequently each strategy is used. As with most clinical questionnaires, the average value is 50. For all scales of the FEEL-KJ-2:

- T-scores of 71 and above are considered **Very high**
- T-scores of 61–70 are considered **High**
- T-scores of 40–60 are considered **Average**
- T-scores of 30–39 are considered **Low**
- T-scores of 29 and below are considered **Very low**

Emotion Regulation Strategies

Adaptive Strategies



Action Problem-Solving

Action Problem-Solving is the adaptive strategy of changing the situation that makes you angry, anxious, or sad. The score for this scale is in the **Average** range, which indicates an appropriate use of this strategy for regulating emotions.

Distraction

Distraction is the adaptive strategy of doing something fun that distracts from the negative situation. The score for this scale is in the **Average** range, which indicates an appropriate use of this strategy for regulating emotions.

Positive Thinking

Positive Thinking is the adaptive strategy of changing your mindset by thinking of something positive that makes you happy. The score for this scale is in the **Average** range, which indicates an appropriate use of this strategy for regulating emotions.

Acceptance

Acceptance is the adaptive strategy of accepting what has made you angry, anxious, or sad and making the best of it. The score for this scale is in the **Average** range, which indicates an appropriate use of this strategy for regulating emotions.

Forgetting

Forgetting is the adaptive strategy of trying to forget what makes you angry, anxious, or sad. The score for this scale is in the **Average** range, which indicates an appropriate use of this strategy for regulating emotions.

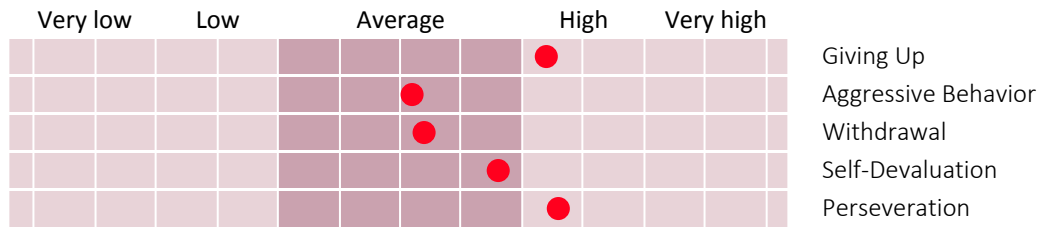
Cognitive Problem-Solving

Cognitive Problem-Solving is the adaptive strategy of thinking about things you could do to not be angry, anxious, or sad. The score for this scale is in the **Average** range, which indicates an appropriate use of this strategy for regulating emotions.

Reappraisal

Reappraisal is the adaptive strategy of minimizing the problem that makes you angry, anxious, or sad, by thinking that it is not that bad or not that important. The score for this scale is in the **Average** range, which indicates an appropriate use of this strategy for regulating emotions.

Maladaptive Strategies



Giving Up

Giving Up is the maladaptive strategy of thinking there is nothing you can do to change your anger, anxiety, or sadness. The score for this scale is in the **High** range, which is typically detrimental to emotional well-being. Intervention to reduce the frequent use of this strategy could be helpful.

Aggressive Behavior

Aggressive Behavior is the maladaptive strategy of confronting others when you are angry, anxious, or sad. The score for this scale is in the **Average** range, which needs to be clarified to understand whether this strategy is helpful or harmful in your situation.

Withdrawal

Withdrawal is the maladaptive strategy of not wanting to see or be around others when you are angry, anxious, or sad. The score for this scale is in the **Average** range, which needs to be clarified to understand whether this strategy is helpful or harmful in your situation.

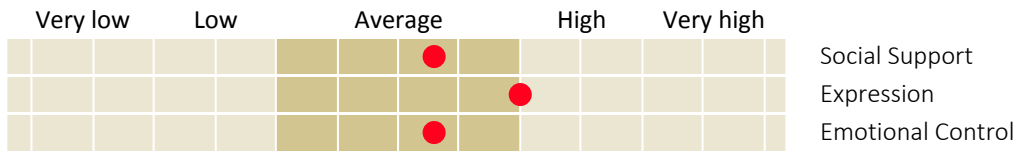
Self-Devaluation

Self-Devaluation is the maladaptive strategy of blaming yourself. The score for this scale is in the **Average** range, which needs to be clarified to understand whether this strategy is helpful or harmful in your situation.

Perseveration

Perseveration is the maladaptive strategy of constantly thinking about why you feel angry, anxious, or sad over and over again. The score for this scale is in the **High** range, which is typically detrimental to emotional well-being. Intervention to reduce the frequent use of this strategy could be helpful.

Additional Strategies



Social Support

Social Support is the strategy of reaching out to someone who might be able to help. The score for this scale is in the **Average** range, which indicates the appropriate use of this strategy for regulating emotions.

Expression

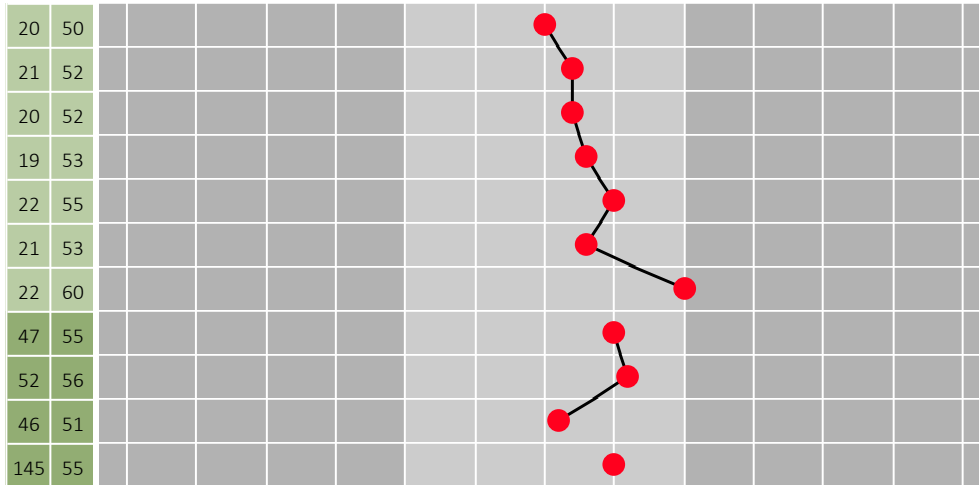
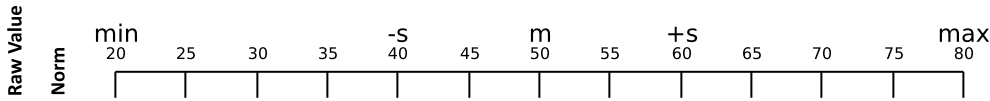
Expression is the strategy of expressing your anger, anxiety, or sadness by openly showing the emotion. The score for this scale is in the **Average** range, which indicates the appropriate use of this strategy for regulating emotions.

Emotional Control

Emotional Control is the strategy of keeping your anger, anxiety, or sadness to yourself and not letting others know you feel this way. The score for this scale is in the **Average** range, which indicates the appropriate use of this strategy for regulating emotions.

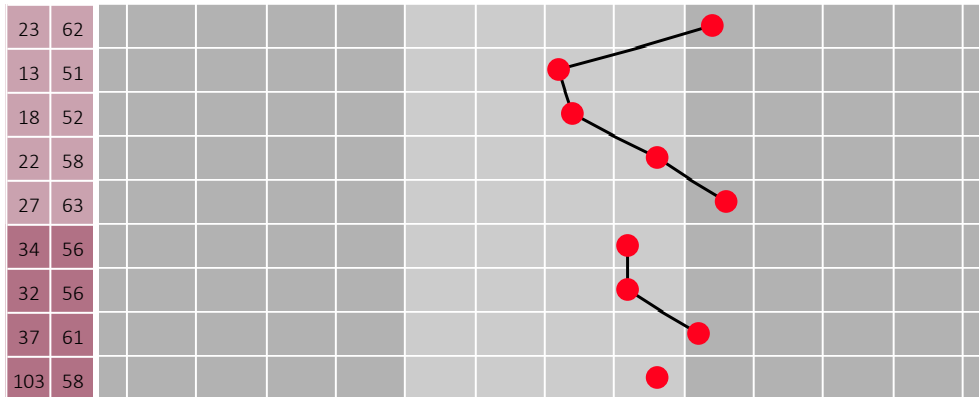
Profile Sheet

Emotion Regulation Strategies Questionnaire Adolescents (14 years) · T-score (50+10z)



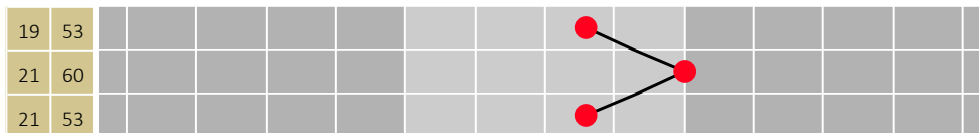
Adaptive Strategies

Action Problem-Solving
Distraction
Positive Thinking
Acceptance
Forgetting
Cognitive Problem-Solving
Reappraisal
Adaptive Strategies – Anger
Adaptive Strategies – Anxiety
Adaptive Strategies – Sadness
Adaptive Strategies – Total



Maladaptive Strategies

Giving Up
Aggressive Behavior
Withdrawal
Self-Devaluation
Perseveration
Maladaptive Strategies – Anger
Maladaptive Strategies – Anxiety
Maladaptive Strategies – Sadness
Maladaptive Strategies – Total



Additional Strategies

Social Support
Expression
Emotional Control

Table of Scores

Emotion Regulation Strategies Questionnaire Adolescents (14 years) · T-score (50+10z)

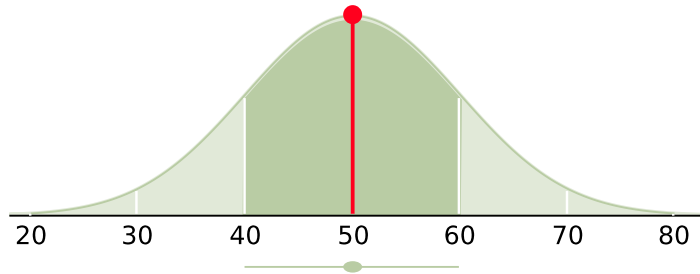
Scale	Raw value	Normed value
Adaptive Strategies		
Action Problem-Solving	20	50
Distraction	21	52
Positive Thinking	20	52
Acceptance	19	53
Forgetting	22	55
Cognitive Problem-Solving	21	53
Reappraisal	22	60
Adaptive Strategies – Anger	47	55
Adaptive Strategies – Anxiety	52	56
Adaptive Strategies – Sadness	46	51
Adaptive Strategies – Total	145	55
Maladaptive Strategies		
Giving Up	23	62
Aggressive Behavior	13	51
Withdrawal	18	52
Self-Devaluation	22	58
Perseveration	27	63
Maladaptive Strategies – Anger	34	56
Maladaptive Strategies – Anxiety	32	56
Maladaptive Strategies – Sadness	37	61
Maladaptive Strategies – Total	103	58
Additional Strategies		
Social Support	19	53
Expression	21	60
Emotional Control	21	53

Scale Details

Action Problem-Solving

Adolescents (14 years) · T-score (50+10z)

Raw value	20
Normed value	50
Confidence interval	[40 - 60]

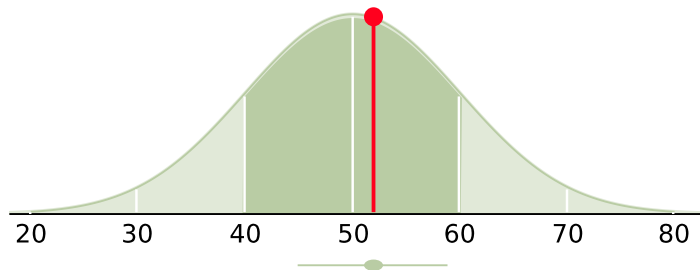


Action Problem-Solving is the adaptive strategy of changing the situation that makes you angry, anxious, or sad.

Distraction

Adolescents (14 years) · T-score (50+10z)

Raw value	21
Normed value	52
Confidence interval	[45 - 59]

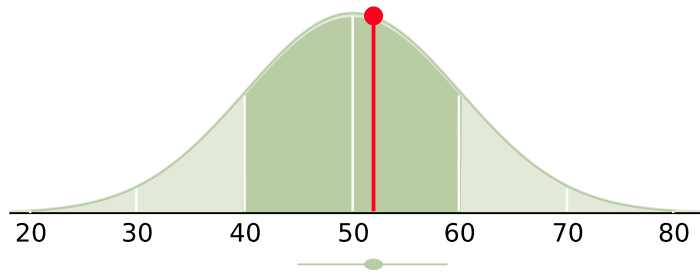


Distraction is the adaptive strategy of doing something fun that distracts from the negative situation.

Positive Thinking

Adolescents (14 years) · T-score (50+10z)

Raw value	20
Normed value	52
Confidence interval	[45 - 59]

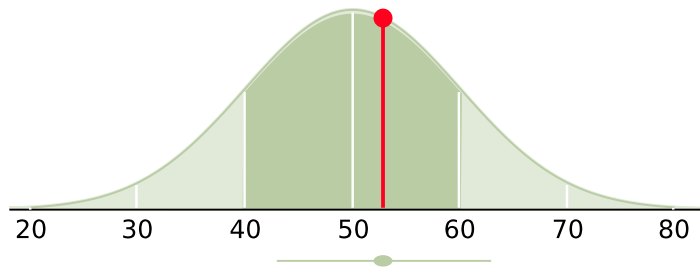


Positive Thinking is the adaptive strategy of changing your mindset by thinking of something positive that makes you happy.

Acceptance

Adolescents (14 years) · T-score (50+10z)

Raw value	19
Normed value	53
Confidence interval	[43 - 63]

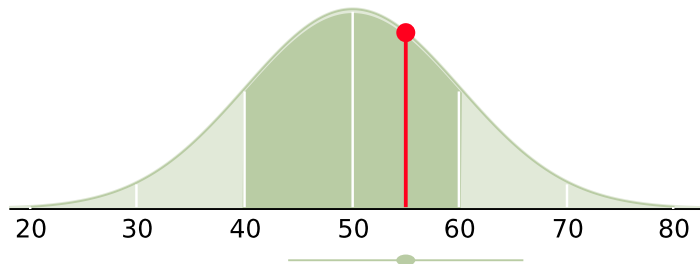


Acceptance is the adaptive strategy of accepting what has made you angry, anxious, or sad and making the best of it.

Forgetting

Adolescents (14 years) · T-score (50+10z)

Raw value	22
Normed value	55
Confidence interval	[44 - 66]

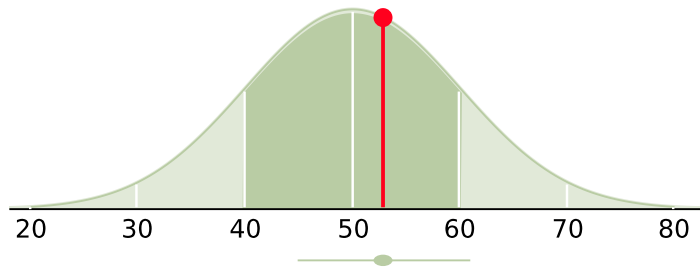


Forgetting is the adaptive strategy of trying to forget what makes you angry, anxious, or sad.

Cognitive Problem-Solving

Adolescents (14 years) · T-score (50+10z)

Raw value	21
Normed value	53
Confidence interval	[45 - 61]

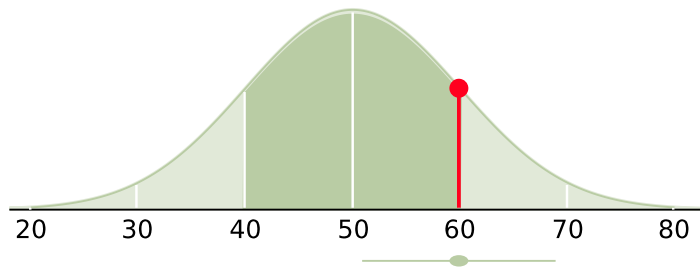


Cognitive Problem-Solving is the adaptive strategy of thinking about things you could do to not be angry, anxious, or sad.

Reappraisal

Adolescents (14 years) · T-score (50+10z)

Raw value	22
Normed value	60
Confidence interval	[51 - 69]

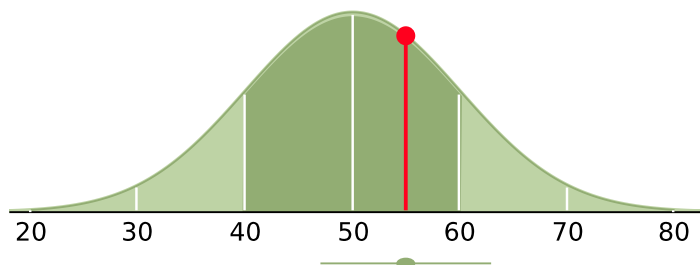


Reappraisal is the adaptive strategy of minimizing the problem that makes you angry, anxious, or sad, by thinking that it is not that bad or not that important.

Adaptive Strategies – Anger

Adolescents (14 years) · T-score (50+10z)

Raw value	47
Normed value	55
Confidence interval	[47 - 63]

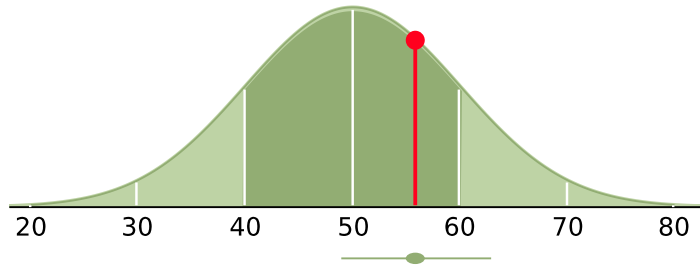


Adaptive Strategies – Anger measures the extent to which adaptive strategies are used to regulate anger, with higher scores indicating better regulation.

Adaptive Strategies – Anxiety

Adolescents (14 years) · T-score (50+10z)

Raw value	52
Normed value	56
Confidence interval	[49 - 63]

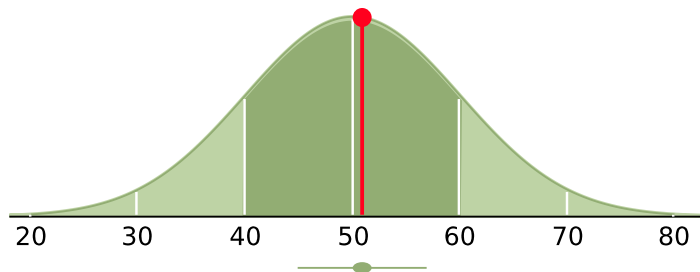


Adaptive Strategies – Anxiety measures the extent to which adaptive strategies are used to regulate anxiety, with higher scores indicating better regulation.

Adaptive Strategies – Sadness

Adolescents (14 years) · T-score (50+10z)

Raw value	46
Normed value	51
Confidence interval	[45 - 57]

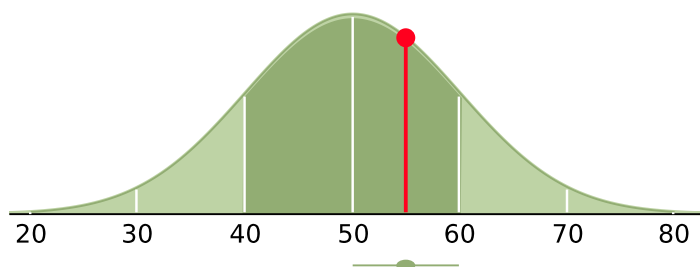


Adaptive Strategies – Sadness measures the extent to which adaptive strategies are used to regulate sadness, with higher scores indicating better regulation.

Adaptive Strategies – Total

Adolescents (14 years) · T-score (50+10z)

Raw value	145
Normed value	55
Confidence interval	[50 - 60]

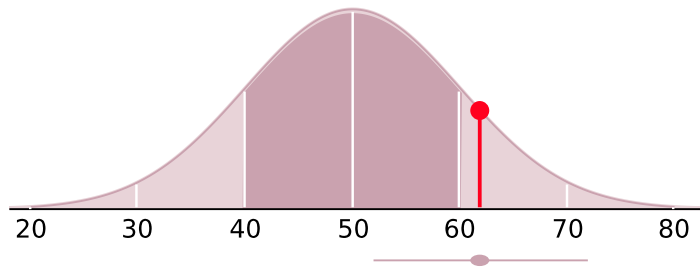


Adaptive Strategies – Total is a summary score measuring the extent to which all adaptive strategies are used to regulate emotions, with higher scores indicating better regulation.

Giving Up

Adolescents (14 years) · T-score (50+10z)

Raw value	23
Normed value	62
Confidence interval	[52 - 72]

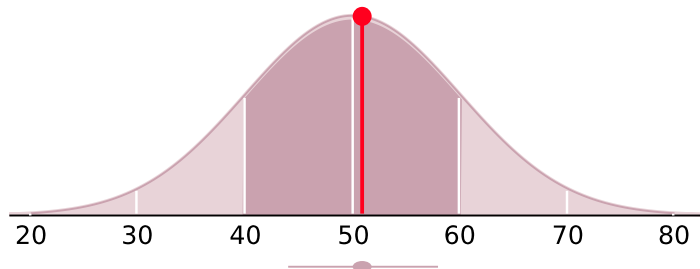


Giving Up is the maladaptive strategy of thinking there is nothing you can do to change your anger, anxiety, or sadness.

Aggressive Behavior

Adolescents (14 years) · T-score (50+10z)

Raw value	13
Normed value	51
Confidence interval	[44 - 58]

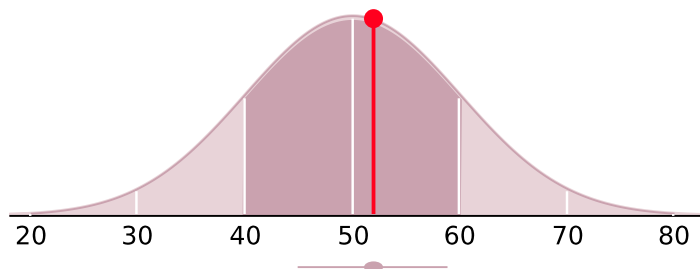


Aggressive Behavior is the maladaptive strategy of confronting others when you are angry, anxious, or sad.

Withdrawal

Adolescents (14 years) · T-score (50+10z)

Raw value	18
Normed value	52
Confidence interval	[45 - 59]

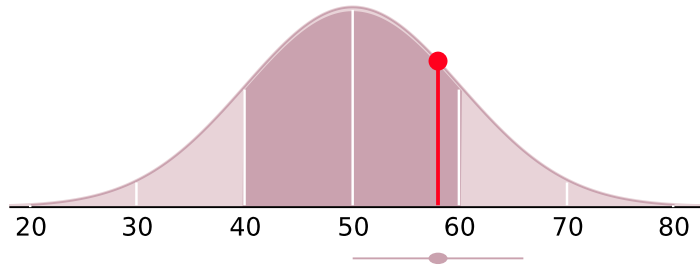


Withdrawal is the maladaptive strategy of not wanting to see or be around others when you are angry, anxious, or sad.

Self-Devaluation

Adolescents (14 years) · T-score (50+10z)

Raw value	22
Normed value	58
Confidence interval	[50 - 66]

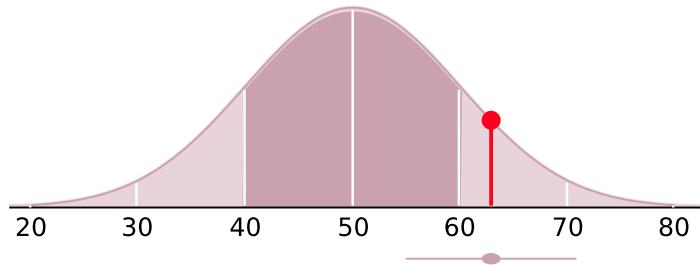


Self-Devaluation is the maladaptive strategy of blaming yourself.

Perseveration

Adolescents (14 years) · T-score (50+10z)

Raw value	27
Normed value	63
Confidence interval	[55 - 71]

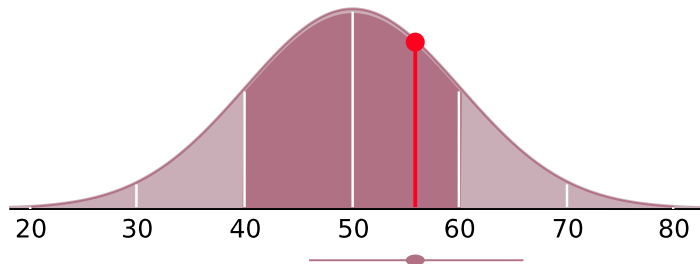


Perseveration is the maladaptive strategy of constantly thinking about why you feel angry, anxious, or sad over and over again.

Maladaptive Strategies – Anger

Adolescents (14 years) · T-score (50+10z)

Raw value	34
Normed value	56
Confidence interval	[46 - 66]

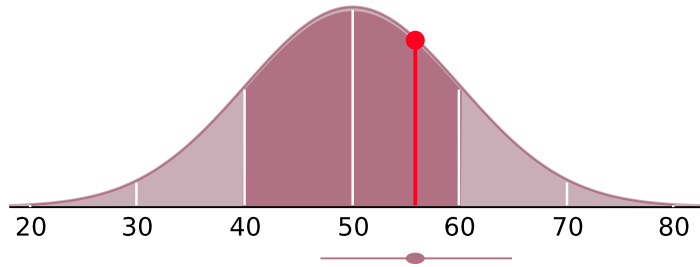


Maladaptive Strategies – Anger measures the extent to which maladaptive strategies are used to regulate anger, with lower scores indicating better regulation.

Maladaptive Strategies – Anxiety

Adolescents (14 years) · T-score (50+10z)

Raw value	32
Normed value	56
Confidence interval	[47 - 65]

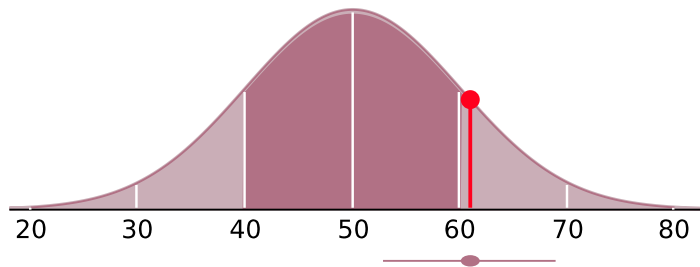


Maladaptive Strategies – Anxiety measures the extent to which maladaptive strategies are used to regulate anxiety, with lower scores indicating better regulation.

Maladaptive Strategies – Sadness

Adolescents (14 years) · T-score (50+10z)

Raw value	37
Normed value	61
Confidence interval	[53 - 69]

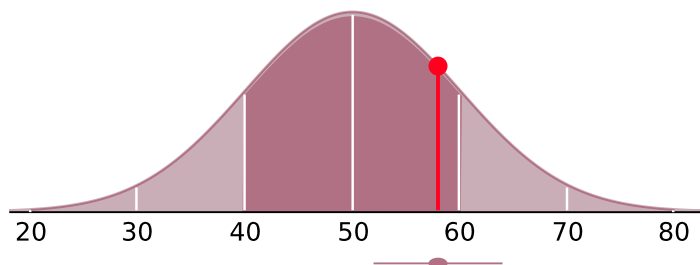


Maladaptive Strategies – Sadness measures the extent to which maladaptive strategies are used to regulate sadness, with lower scores indicating better regulation.

Maladaptive Strategies – Total

Adolescents (14 years) · T-score (50+10z)

Raw value	103
Normed value	58
Confidence interval	[52 - 64]

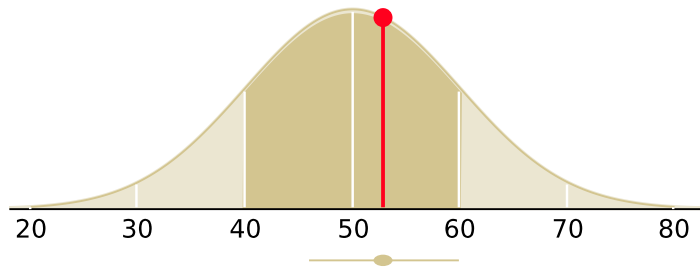


Maladaptive Strategies – Total is a summary score that measures the extent to which maladaptive strategies are used to regulate emotions, with lower scores indicating better regulation.

Social Support

Adolescents (14 years) · T-score (50+10z)

Raw value	19
Normed value	53
Confidence interval	[46 - 60]

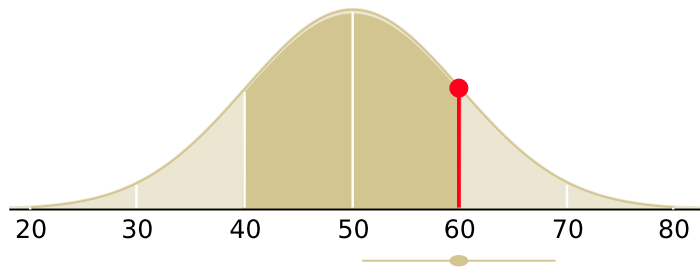


Social Support is the additional strategy of reaching out to someone who might be able to help you.

Expression

Adolescents (14 years) · T-score (50+10z)

Raw value	21
Normed value	60
Confidence interval	[51 - 69]

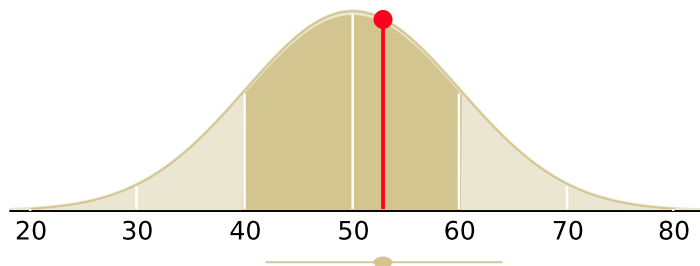


Expression is the additional strategy of expressing your anger, anxiety, or sadness and showing openly that you feel this way.

Emotional Control

Adolescents (14 years) · T-score (50+10z)

Raw value	21
Normed value	53
Confidence interval	[42 - 64]



Emotional Control is the additional strategy of keeping your anger, anxiety, or sadness to yourself and not letting others know you feel this way.

Response Statistics

Distribution of Responses

Response	%
1	0 %
2	11 %
3	40 %
4	43 %
5	6 %

Page Focus Events

Page Focus events occur when a test taker switches away from the test to another window on the computer. For a detailed explanation, please consult the Hogrefe Testsystem Glossary.