


EPS

Emotional Processing Scale Technical Report

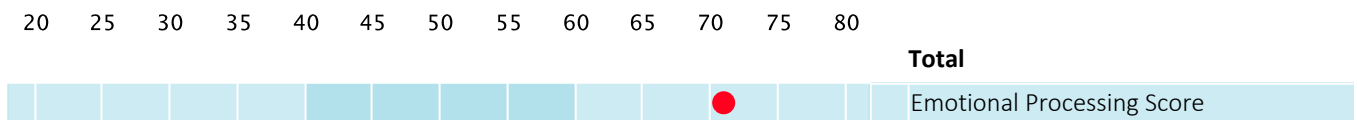


Sample Report
ID 22535-12
Date 12/03/2021

Overview

Summary profile

T Score



Structure of this report

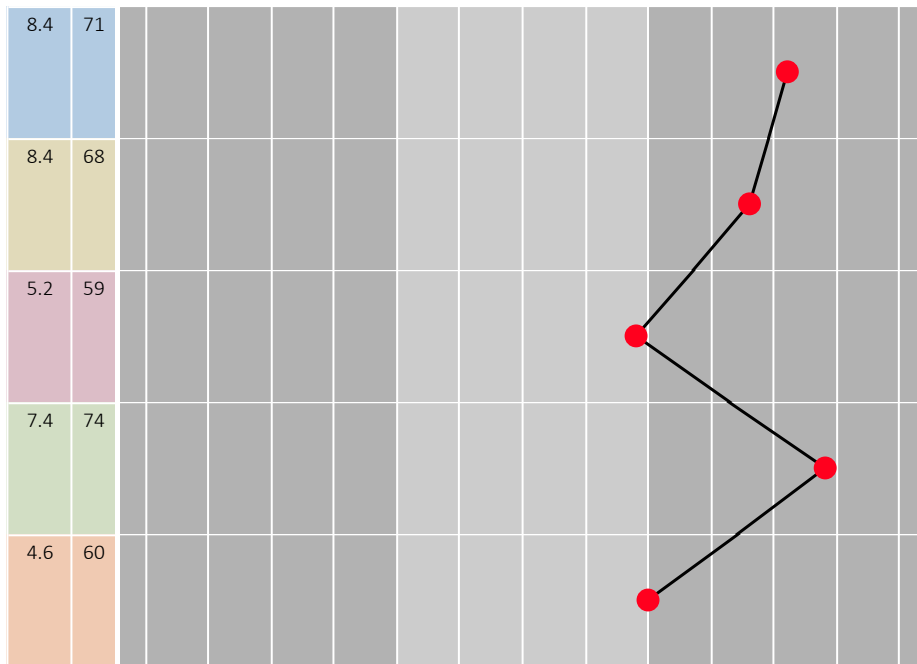
- **Profile sheet**
- **Table of scores**
- **Scale details**
- **Response statistics**

Only qualified psychologists or appropriately trained test users should interpret psychometric test results. Please follow the relevant guidelines from the appropriate professional body.

Profile sheet

Emotional Processing Scale

Healthy: Community (UK) (total) · T Score (50+10z)



Subscales

- Suppression**
Extent to which a person tries to control emotional experience and emotional expression
- Signs of Unprocessed Emotion**
Experiences of emotional intrusion and preoccupation: signs that a stressful event has not been emotionally assimilated
- Controllability of Emotion**
Degree to which a person feels over-aroused and unable to control emotional reactions
- Avoidance**
Degree to which a person tries to avoid experiencing unpleasant emotions
- Emotional Experience**
The higher this score, the greater the extent to which emotions were not experienced clearly and meaningfully



Total

Emotional Processing Score
A total score combining all 25 items on the scale. It reflects all five emotional processing dimensions

Table of scores

Emotional Processing Scale

Healthy: Community (UK) (total) · T Score (50+10z)

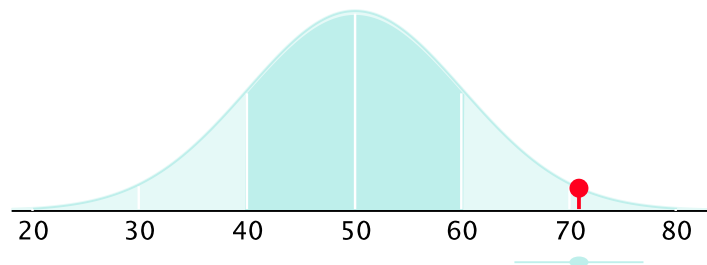
Scale	Raw value	Normed value
Subscales		
Suppression	8.4	71
Signs of Unprocessed Emotion	8.4	68
Controllability of Emotion	5.2	59
Avoidance	7.4	74
Emotional Experience	4.6	60
Total		
Emotional Processing Score	6.8	71

Scale details

Suppression

Healthy: Community (UK) (total) · T Score (50+10z)

Raw value	8.4
Normed value	71
Missing values	0
Confidence interval	[65 - 77]



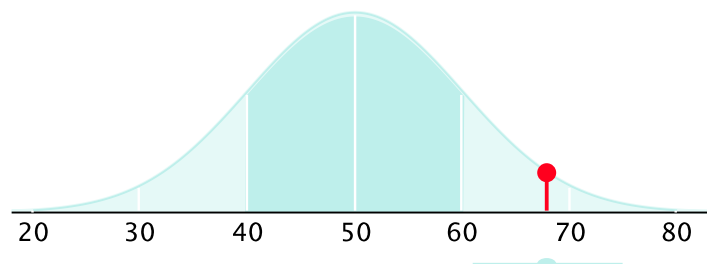
Suppression is about controlling emotional states and their expression.

It contains items related to the suppression of emotional experience (e.g. “I smothered my feelings”) and items related to the suppression of emotional expression (e.g. “I tried not to show my feelings to others”).

Signs of Unprocessed Emotion

Healthy: Community (UK) (total) · T Score (50+10z)

Raw value	8.4
Normed value	68
Missing values	0
Confidence interval	[61 - 75]

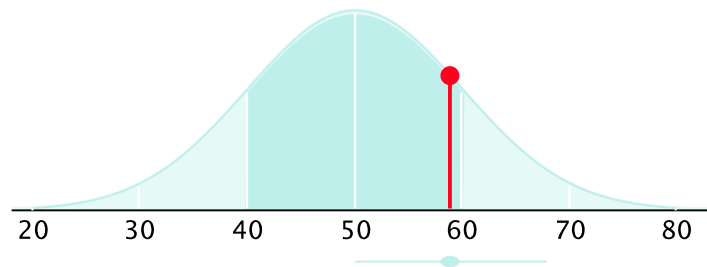


This factor reflects the concept of persistent, intrusive, inadequate resolution to an emotional event which has not been incorporated into experience. This includes items such as “I repeatedly experienced the same emotion” and “Unwanted feelings kept intruding”. It captures when emotions have not been processed adequately. The presence of emotional material that still needs to be worked through will lead to persistent intrusive emotions such as feeling like crying, anger from no discernible cause, and becoming emotional at things which would not have caused emotion at another time. This could reflect a natural reaction to a difficult event which is still being processed, as in grieving, or a prolonged difficulty dealing with an emotional situation.

Controllability of Emotion

Healthy: Community (UK) (total) · T Score (50+10z)

Raw value	5.2
Normed value	59
Missing values	0
Confidence interval	[50 - 68]



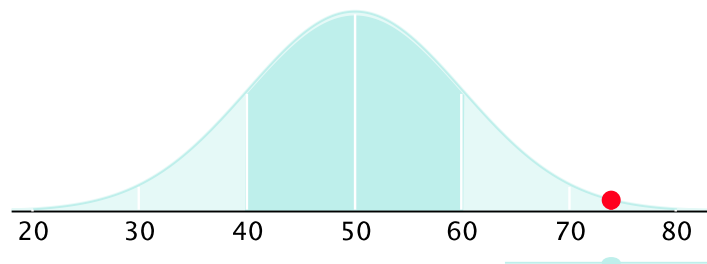
This factor reflects both the presence of powerful emotional feelings and the perception of how much control one has over these feelings. They are mostly externally oriented emotions involving high arousal, agitation or anger, such as “When upset or angry it was difficult to control what I said”.

A high score on the controllability subscale suggests that the person has outbursts of emotion or perceives that their emotional expression is out of control. It may also reflect a more expressive (behavioural) aspect of the Signs of Unprocessed Emotion subscale. A score lower than the normal population might also be problematic in that it may reflect too little expressive emotion with no need for any control.

Avoidance

Healthy: Community (UK) (total) · T Score (50+10z)

Raw value	7.4
Normed value	74
Missing values	0
Confidence interval	[64 - 84]

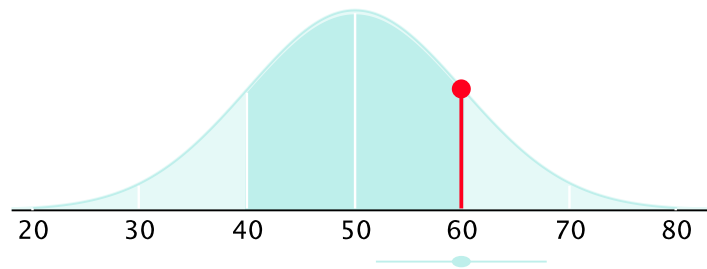


Avoidance is about experiential or internal avoidance of stimuli that trigger an emotional response. It could almost be described as a “pre-attempt” to manage emotions. It can consist of verbal and behavioural strategies such as “I tried hard to avoid things that might make me upset”, as well as attitudes towards experiencing emotions, such as “I was unable to tolerate unpleasant feelings”.

Emotional Experience

Healthy: Community (UK) (total) · T Score (50+10z)

Raw value	4.6
Normed value	60
Missing values	0
Confidence interval	[52 - 68]

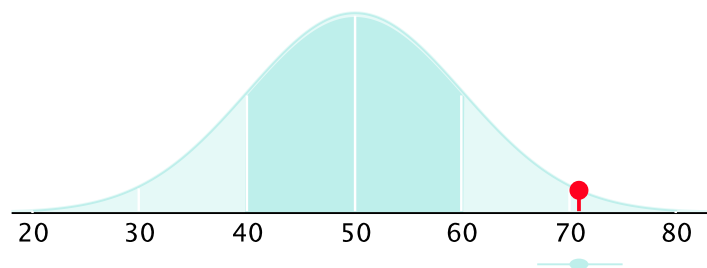


This subscale is very much associated with the internal experience of emotions. This factor is related to the concept of alexithymia, whereby patients have difficulties labelling emotions or linking them to events. They might feel detached from their emotions (e.g. “There seemed to be a big blank in my feelings”). They might fail to recognize emotions or to discriminate between different emotions, and even misconstrue emotional sensations for physical illness (e.g. “It was hard to figure out if I felt ill or emotional”).

Emotional Processing Score

Healthy: Community (UK) (total) · T Score (50+10z)

Raw value	6.8
Normed value	71
Missing values	0
Confidence interval	[67 - 75]



The Total Emotional Processing Score is the mean of all 25 items in the scale. It is the single most significant score, representing an amalgam of different emotional processing dimensions, covering styles of regulation (suppression and avoidance), experiential signs of unprocessed emotion, behavioural signs of problems in controlling emotion and the person’s understanding and experiencing of their feelings. High scores represent problems in emotional processing, frequently associated with psychological disorder. Significantly low scores may also represent problematic emotional processing of a different kind, failure to understand the questionnaire or disinterest. Any significant elevations above or below the norm are best treated as representing difficulties.

Response statistics

Distribution of responses

Step	Proportion
1	0 %
2	0 %
3	0 %
4	0 %
5	12 %
6	20 %
7	8 %
8	12 %
9	32 %
10	16 %

Page focus events

Event	Item	Subtest no.	Duration
1	13	2	00 min 06 sec



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.