

About the Person Being Rated: Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Name of Rater: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Relationship to Person Being Rated: \_\_\_\_\_

### **Emotion Dysregulation Inventory (EDI)**

#### **Full 30-item Version (24-item Reactivity Item Bank and 6-item Dysphoria)**

You will be asked how much of a problem certain emotions and behaviors are for the person you are rating. When making your choice, please remember these points:

**Something can be a concern because of how often it happens or because it causes a problem when it happens.** For example, brief tantrums that happen every once in a while are probably only a mild problem. However, tantrums could be a very severe problem if they happen throughout the day and last for 30 minutes each time. Other problems are so dangerous or interfering that they are very severe, even if they only happen every once in a while (such as running into the street with oncoming traffic).

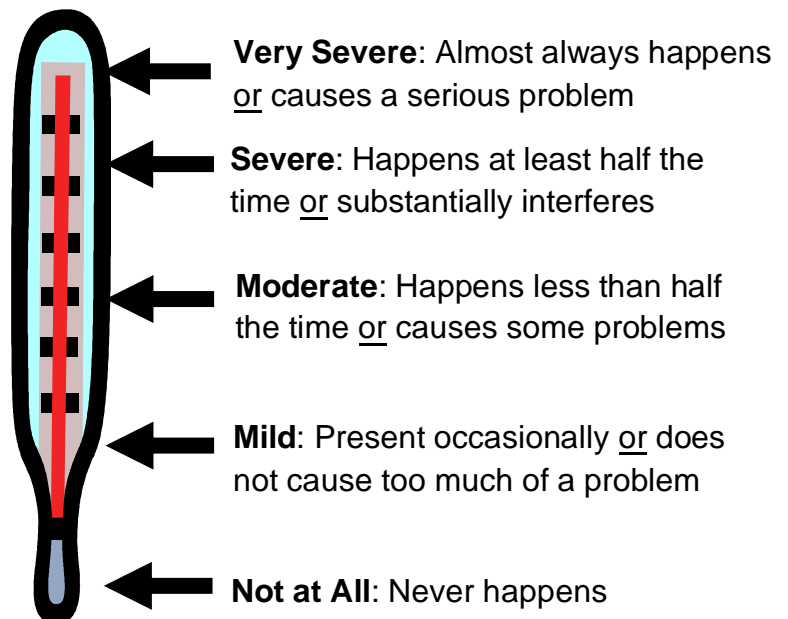
There are many ways that a behavior can cause a problem. Some examples include:

- Creates a dangerous situation
- Interferes with daily activities
- Increases the stress of those around the individual
- Hurts relationships

It is possible to become used to a behavior that has been happening for a long time. Try to imagine **how someone else might view it**.

Consider how the person is **with others**. Think about how the person does **in different situations and places**.

Choose ***how much of a problem the behavior has been in the last 7 days*** on this scale:



Emotion Dysregulation Inventory (p. 1) - Full Version with Complete Reactivity Item Bank and Dysphoria (30 items)

Study ID/Name: \_\_\_\_\_

**Remember to consider how the person is with others and how the person does in different situations and places.**

**Current Behavior: How much of a problem has this been in the last 7 days?**



**Very Severe:** Almost always happens or causes a serious problem

**Severe:** Happens at least half the time or substantially interferes

**Moderate:** Happens less than half the time or causes some problems

**Mild:** Present occasionally or does not cause too much of a problem

**Not at All:** Never happens

		Not at all	Mild	Moderate	Severe	Very Severe
1	Appears angry or irritable					
3	Has explosive outbursts					
4	Cries or stays angry for 5 minutes or longer					
6	Cannot calm down without help from someone else					
7	Suddenly switches to an opposite emotion (e.g., from sad to happy)					
8	Frustrates easily					
10	Destroys property on purpose					
13	Breaks down (crying, screaming) if told they can't do something					
19	Has extreme or intense emotional reactions					
21	Hard to calm them down when they are mad or upset					
24	Reactions are so intense that they have had to be removed from an activity or place					
26	Physically attacks people					
27	Seems on edge					
28	When upset or angry, they stay that way for a long time					
31	Does not seem to enjoy anything					
34	Emotions go from 0 to 100 instantly					
36	Has trouble calming themselves down					
38	Tense or agitated and unable to relax					
42	Seems to be in a rage					

Emotion Dysregulation Inventory (p. 2) -  
Full Version with Complete Reactivity  
Item Bank and Dysphoria (30 items)

**Study ID:** \_\_\_\_\_

***Remember to consider how the person is with others and how the person does in different situations and places.***

**Current Behavior: How much of a problem has this been in the last 7 days?**



**Very Severe:** Almost always happens or causes a serious problem

**Severe:** Happens at least half the time or substantially interferes

**Moderate:** Happens less than half the time or causes some problems

**Mild:** Present occasionally or does not cause too much of a problem

**Not at All:** Never happens

		Not at all	Mild	Moderate	Severe	Very Severe
43	Very little makes them happy					
46	Reactions are usually more severe than the situation calls for					
50	Becomes upset without a clear reason					
51	Refuses to leave the house or go to school or activities unless forced					
52	Has mood swings					
53	Difficult to distract if they are frustrated or upset					
57	Not responsive to praise or good things happening					
58	Cannot change their mood even with your best efforts					
59	Easily triggered/upset (you have to walk on eggshells around them)					
63	Seems sad or unhappy					
64	Appears uneasy through the day					