

Supplement

Supporting Information for Validation of a New Emotion Regulation Self-Report

Questionnaire for Children

BMC Psychiatry

Table S1

Standardized Factor Loadings (Standard Error) for the Confirmatory Factor Analyses of the Correlated Factors Models with Four Factors

Item Number	Item Description <i>When I feel bad, I...</i>	Factor loading (SE)
Functional – Distraction		
3	...think about things that make me happy	.86* (.03)
4	...do something fun	.74* (.03)
17	... remember happy things	.82* (.02)
18	...try to make the best of the situation myself	.88* (.02)
27	...do something I enjoy	.88* (.02)
32	...do a relaxation exercise (e.g. imagine blowing up a balloon in my stomach)	.58* (.04)
35	...count to ten	.38* (.06)
36	...go to a nice place in my mind where I can relax	.68* (.03)
37	...listen to music/a story/watch a movie	.45* (.04)
39	...play/paint/do handicrafts	.58* (.04)
40	...solve riddles/read	.55* (.04)
46	...eat something tasty	.44* (.04)
47	...lie on my bed and dream about something nice/try to sleep	.45* (.04)
Functional – Problem-Solving		
1	...try to change what made me feel bad	.52* (.04)
6	...try to make the best of it	.73* (.03)
11	...think about what I could do	.81* (.02)
12	...tell myself that the problem is not that bad	.59* (.04)
15	...try to forget what put me in a bad mood	.63* (.03)
16	...try to find the mistake in my own behavior	.61* (.04)
20	...think that it will pass	.60* (.04)
21	...accept what makes me feel bad	.55* (.04)
22	...show my bad mood without annoying others	.53* (.04)
28	...think about a solution	.86* (.02)
29	...tell myself that it is not that important	.46* (.04)
42	...try to stay cool and see the problem from another perspective	.73* (.03)
43	...try to think smart instead of obsessing about it	.83* (.02)
44	...leave the situation	.78* (.02)
45	...recognize the situation early that made me feel bad	.73* (.03)

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Functional – Social Support		
2	...tell someone about how I feel	.79* (.03)
5	...keep my feelings to myself	.36* (.05)
14	...say that I am in a bad mood	.59* (.04)
19	...go to someone who might be able to help me	.91* (.02)
41	...talk to someone about it	.77* (.02)
Dysfunctional Strategies		
7	...do not want to see anyone	.64* (.05)
9	...do not feel like doing anything	.61* (.05)
13	...start a fight	.73* (.04)
23	...take my bad mood out on others	.89* (.04)
24	...cannot get it out of my head	.36* (.05)
30	...cannot do anything against my bad mood	.63* (.05)
38	...hurt myself	.56* (.06)

Note. SE = standard error.

* = $p < .001$