



Total the scores vertically (both sides) to determine subscale performance. Add all scores to determine DERS Total. Enter average score for blank items up to 3. The Questionnaire should be considered invalid if 4 or more scores are left blank. NOTE: Some items are reverse scored.

Nonacceptance	Goals	Impulse	Awareness	Strategies	Clarity
					<input type="text" value="____ 1)"/>
			<input type="text" value="____ 2)"/>		
		____ 3)			
					____ 4)
					____ 5)
			<input type="text" value="____ 6)"/>		<input type="text" value="____ 7)"/>
			<input type="text" value="____ 8)"/>		
			<input type="text" value="____ 10)"/>		____ 9)
____ 11)					
____ 12)					
	____ 13)				
		____ 14)			
				____ 15)	
				____ 16)	
			<input type="text" value="____ 17)"/>		
	____ 18)				
(Side1) _____	_____	_____	_____	_____	_____

Reversed Scored Items
 1 is scored as a 5
 2 is scored as a 4
 3 is scored as a 3
 4 is scored as a 2
 5 is scored as a 1

Nonacceptance

Goals

Impulse

Awareness

Strategies

Clarity

_____ 19)
_____ 20)
_____ 21)

_____ 23)
_____ 24)
_____ 25)

_____ 26)
_____ 27)
_____ 28)
_____ 29)

_____ 32)

_____ 33)
_____ 34)
_____ 35)
_____ 36)

_____ 0

+
(Side 1) _____

=
Non _____ + **Go** _____ + **Im** _____ + **Aw** _____ + **St** _____ + **Cl** _____

= **DERS Total** _____

Reversed Scored Items
1 is scored as a 5
2 is scored as a 4
3 is scored as a 3
4 is scored as a 2
5 is scored as a 1