

## Introduction

- **Interpersonal Emotional Regulation (IER)** is when individuals regulate their emotions through social interactions with others
- IER is a goal-directed process to regulate one's emotions when people seek emotional support from others, share their emotional experiences, and draw on relationships<sup>1</sup>.
- IER exhibits a dual nature, having both positive and negative uses.
- IER is commonly measured through various measures such as the Interpersonal Emotion Questionnaire (IRQ)<sup>2</sup>, the Interpersonal Regulation Interaction Scale (IRIS)<sup>3</sup>, and the Interpersonal Emotion Regulation Questionnaire (IERQ)<sup>4</sup>.

## Objective

- This review aims to identify the various measures used in each IER scale
- We hope to synthesize information to create a novel, comprehensive scale

## Method

- Inclusion criteria included articles that describe Interpersonal Emotional Regulation within the context of a measure.
- The review identifies the various dimensions used in the Interpersonal Emotion Regulation Questionnaire (IRQ), Interpersonal Regulation Interaction Scale (IRIS), an Interpersonal Emotion Regulation Questionnaire (IERQ), and an Experience Sampling Study.

## Results

- Identified the key dimensions in existing IER measures:
- **Liu et al. (2021) Experience Sampling Study** Problem-oriented strategies (Cognitive reappraisal, problem-solving, Invalidation) and Emotion-focused strategies (Blaming, Encouraging sharing, Affection), Both Putatively Supportive and Putatively Unsupportive strategies
- **Zaki & Williams (2018) IRQ:** Use Vs. Effectiveness, Positive Vs. Negative strategies
- **Swerdlow and Johnson (2022) IRIS:** Extrinsic strategies, primarily Emotion-focused (Responsiveness, Cognitive support, Physical presence, and Hostility)
- **Hofmann et al. (2016) IERQ:** Intrinsic, Emotion-focused strategies: Positive affect, Soothing, Perspective taking, and Social modelling
- Overall, themes of IER dimensions identified include problem/emotion-focused goals, use/effectiveness, intrinsic/extrinsic, and putatively supportive/unsupportive

## Discussion

By identifying commonly used measures to assess IER, this conceptual review provides researchers with the tools to understand the various dimensions of IER. Researchers can then select assessments that fit their contexts. Future directions include creating a novel, comprehensive IER measure for greater consistency and reliability between studies.

## References

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