Supplementary Material for the Manuscript

*“Czech Version of the Emotion Regulation Skills Questionnaire (ERSQ): Psychometric Evaluation and Network Model in an Adult Clinical Sample”*

# Supplement 1. *Czech wording of ERSQ items*

|  |  |  |
| --- | --- | --- |
| Item | **In the last week…** (“v uplynulém týdnu…“) | Subscale |
| 1 | …jsem si všímal/a svých pocitů. | Emotion awareness |
| 12 | …jsem svým pocitům věnoval/a pozornost. | Emotion awareness |
| 19 | …jsem se zabýval/a svými pocity. | Emotion awareness |
| 3 | …jsem rozuměl/a svým emocionálním reakcím. | Understanding |
| 11 | …jsem věděl/a, co znamenají mé pocity. | Understanding |
| 20 | …jsem si byl/a vědom/á, proč se cítím tak, jak se cítím. | Understanding |
| 6 | …bych dovedl/a jasně pojmenovat, jak jsem se zrovna cítil/a. | Clarification |
| 13 | …mi bylo jasné, co právě cítím. | Clarification |
| 25 | …jsem dobře věděl/a, jak mi právě je. | Clarification |
| 7 | …jsem dobře vnímal/a své emoce ve svém těle. | Interpretation of body sensations as emotions |
| 14 | …jsem si snadno všimnul/a, když mé tělo výrazně reagovalo na emocionálně významné situace. | Interpretation of body sensations as emotions |
| 24 | …byly mé tělesné reakce dobrým znamením toho, jak jsem se cítil/a. | Interpretation of body sensations as emotions |
| 9 | …jsem se sám/sama snažil/a dodávat si odvahu v obtížných situacích. | Self-support |
| 15 | …jsem se v náročných situacích pokoušel/a sám/sama sebe povzbudit. | Self-support |
| 27 | …jsem sám/sama sobě byl/a v obtížných situacích oporou. | Self-support |
| 2 | …jsem si dokázal/a cíleně navodit příjemnější pocity. | Modification |
| 10 | …jsem dokázal/a ovlivnit své negativní pocity. | Modification |
| 21 | …mi bylo jasné, že mohu ovlivnit své pocity. | Modification |
| 4 | …jsem cítil/a, že zvládnu i intenzivní negativní pocity. | Tolerance |
| 18 | …jsem si byl/a jistý/á, že vydržím také intenzivní, nepříjemné pocity. | Tolerance |
| 26 | …jsem se cítil/a dostatečně silný/á na to, abych dokázal/a vydržet i náročné pocity. | Tolerance |
| 5 | …jsem dokázal/a přijmout také negativní pocity. | Acceptance |
| 17 | …jsem byl v pohodě se svými pocity, i pokud byly negativní. | Acceptance |
| 23 | …jsem přijímal/a své pocity. | Acceptance |
| 8 | …jsem udělal/a, co jsem si naplánoval/a, i když jsem se u toho cítil/a nepříjemně či úzkostně. | Readiness for confrontation |
| 16 | …jsem dokázal/a navzdory nepříjemným pocitům udělat, co jsem si naplánoval/a. | Readiness for confrontation |
| 22 | …jsem dokázal/a jít za důležitými cíli, i když jsem se u toho občas cítil/a nepříjemně či nejistě. | Readiness for confrontation |

# Supplement 2. *Final baseline confirmatory factor analysis model (Model 2b, N = 427)*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Item | F1: EA | F2: U | F3: C | F4: BS | F5: S | F6: M | F7: AT | F8: RC |
| 1 | .74 | - | - | - | - | - | - | - |
| 12 | .82 | - | - | - | - | - | - | - |
| 19 | .81 | - | - | - | - | - | - | - |
| 3 | - | .72 | - | - | - | - | - | - |
| 11 | - | .82 | - | - | - | - | - | - |
| 20 | - | .72 | - | - | - | - | - | - |
| 6 | - | - | .65 | - | - | - | - | - |
| 13 | - | - | .84 | - | - | - | - | - |
| 25 | - | - | .62 | - | - | - | - | - |
| 7 | - | - | - | .76 | - | - | - | - |
| 14 | - | - | - | .70 | - | - | - | - |
| 24 | - | - | - | .46 | - | - | - | - |
| 9 | - | - | - | - | .83 | - | - | - |
| 15 | - | - | - | - | .80 | - | - | - |
| 27 | - | - | - | - | .65 | - | - | - |
| 2 | - | - | - | - | - | .72 | - | - |
| 10 | - | - | - | - | - | .75 | - | - |
| 21 | - | - | - | - | - | .67 | - | - |
| 4 | - | - | - | - | - | - | .77 | - |
| 18 | - | - | - | - | - | - | .74 | - |
| 26 | - | - | - | - | - | - | .76 | - |
| 5 | - | - | - | - | - | - | .70 | - |
| 17 | - | - | - | - | - | - | .71 | - |
| 8 | - | - | - | - | - | - | - | .78 |
| 16 | - | - | - | - | - | - | - | .90 |
| 22 | - | - | - | - | - | - | - | .69 |
| McDonald´s ω | .83 | .79 | .74 | .67 | .75 | .82 | .86 | .84 |
| F8: RC | .19 | .42 | .35 | .26 | .65 | .48 | .51 | - |
| F7: AT | .06 | .55 | .33 | .29 | .61 | .81 | - |  |
| F6: M | .36 | .74 | .46 | .49 | .72 | - |  |  |
| F5: S | .32 | .43 | .32 | .45 | - |  |  |  |
| F4: BS | .77 | .61 | .75 | - |  |  |  |  |
| F3: C | .64 | .82 | - |  |  |  |  |  |
| F2: U | .49 | - |  |  |  |  |  |  |
| F1: EA | - |  |  |  |  |  |  |  |

*Note:* EA = Emotion awareness, U = Understanding, C = Clarification, BS = Bodily sensations, S = Self-support, M = Modification, AT = Acceptance/Tolerance, and RC = Readiness for confrontation

**Supplement 3.** *Invariance of the final baseline model between age and gender groups*

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | χ2 (df) | RMSEA | SRMR | CFI | TLI | BIC | Δχ2 (Δdf) | ΔRMSEA | ΔSRMR | ΔCFI | ΔTLI | ΔBIC |
| *Age* |  |  |  |  |  |  |  |  |  |  |  |  |
| Configural | 1024.05 (542) | .069 | .072 | .897 | .876 | 28361.37 | - | - | - | - | - | - |
| Metric | 1050.68 (560) | .068 | .075 | .895 | .878 | 28281.73 | 26.44 (18) | -.001 | .003 | -.002 | .002 | -79.64 |
| Scalar | 1082.59 (578) | .068 | .076 | .892 | .879 | 28204.39 | 31.68\* (18) | .000 | .001 | -.003 | .001 | -77.34 |
| Factor means | 1113.40 (586) | .069 | .078 | .888 | .875 | 28188.66 | 32.99\*\*\* (8) | .001 | .002 | -.005 | -.004 | -15.73 |
| Residuals | 1104.50 (604) | .067 | .076 | .893 | .884 | 28079.32 | 25.06 (26) | -.002 | .000 | .000 | .005 | -125.07 |
| *Gender* |  |  |  |  |  |  |  |  |  |  |  |  |
| Configural | 1114.85 (542) | .074 | .073 | .883 | .859 | 28474.28 | - | - | - | - | - | - |
| Metric | 1120.21 (560) | .072 | .074 | .885 | .866 | 28376.36 | 8.88 (18) | -.002 | .001 | .002 | .007 | -97.91 |
| Scalar | 1142.26 (578) | .071 | .074 | .884 | .870 | 28287.78 | 20.52 (18) | -.001 | .000 | .000 | .004 | -88.58 |
| Factor means | 1170.04 (586) | .072 | .076 | .881 | .868 | 28267.54 | 29.66\*\*\* (8) | .001 | .002 | -.004 | -.002 | -20.24 |
| Residuals | 1163.02 (604) | .069 | .074 | .885 | .876 | 28159.86 | 23.89 (26) | -.002 | .001 | .000 | .006 | -127.92 |

*Note*:\* p < .05; \*\*\* p < .001; MLR = robust maximum likelihood estimator.

**Supplement 4.** *Longitudinal measurement invariance across seven weeks of measurement computed separately for all subscales*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Understanding/Clarification | | | | | | | | | | | | | | |
|  | χ2(df) | CFI | TLI | RMSEA | SRMR | AIC | BIC | Δdf | ΔCFI | ΔTLI | ΔRMSEA | ΔSRMR | ΔAIC | ΔBIC |
| Configural | 1459.93 (1010) | .950 | .944 | .033 | .046 | 31633.6 | 32510.1 |  |  |  |  |  |  |  |
| Metric | 1488.00 (1045) | .951 | .947 | .033 | .050 | 31594.6 | 32327.8 | 35 | .001 | .003 | -.001 | .005 | -38.99 | -182.3 |
| Scalar | 1582.88 (1080) | .944 | .942 | .034 | .053 | 31625.3 | 32215.1 | 35 | -.006 | -.005 | .002 | .003 | 30.68 | -112.7 |
| Residual | 1906.56 (1122) | .912 | .912 | .042 | .056 | 31919.0 | 32336.8 | 42 | -.032 | -.030 | .008 | .004 | 293.7 | 121.7 |
| Bodily sensations | | | | | | | | | | | | | | |
|  | χ2(df) | CFI | TLI | RMSEA | SRMR | AIC | BIC | Δdf | ΔCFI | ΔTLI | ΔRMSEA | ΔSRMR | ΔAIC | ΔBIC |
| Configural | 1459.93 (1010) | .982 | .975 | .027 | .043 | 17514.7 | 18010.1 |  |  |  |  |  |  |  |
| Metric | 1488.00 (1045) | .980 | .974 | .028 | .051 | 17509.5 | 17947.5 | 14 | -.002 | -.001 | .000 | .008 | -5.21 | -62.52 |
| Scalar | 1582.88 (1080) | .972 | .967 | .031 | .050 | 17523.0 | 17903.7 | 14 | -.008 | -.008 | .004 | -.001 | 13.51 | -43.81 |
| Residual | 1906.56 (1122) | .945 | .940 | .042 | .054 | 17607.4 | 17902.1 | 21 | -.027 | -.027 | .011 | .004 | 84.36 | -1.61 |
| Acceptance/Tolerance | | | | | | | | | | | | | | |
|  | χ2(df) | CFI | TLI | RMSEA | SRMR | AIC | BIC | Δdf | ΔCFI | ΔTLI | ΔRMSEA | ΔSRMR | ΔAIC | ΔBIC |
| Configural | 1069.16 (677) | .954 | .947 | .038 | .041 | 26793.3 | 27542.8 |  |  |  |  |  |  |  |
| Metric | 1115.50 (705) | .952 | .947 | .038 | .050 | 26782.4 | 27417.3 | 28 | -.002 | .000 | .000 | .008 | -10.87 | -125.6 |
| Scalar | 1170.14 (733) | .949 | .946 | .038 | .051 | 26781.5 | 27301.7 | 28 | -.003 | -.001 | .000 | .001 | -.92 | -115.6 |
| Residual | 1351.23 (768) | .931 | .930 | .043 | .053 | 26928.7 | 27305.5 | 35 | -.018 | -.016 | .005 | .002 | 147.20 | 3.85 |
| Self-support | | | | | | | | | | | | | | |
|  | χ2(df) | CFI | TLI | RMSEA | SRMR | AIC | BIC | Δdf | ΔCFI | ΔTLI | ΔRMSEA | ΔSRMR | ΔAIC | ΔBIC |
| Configural | 273.15 (203) | .986 | .981 | .030 | .046 | 16436.2 | 16931.8 |  |  |  |  |  |  |  |
| Metric | 304.62 (217) | .982 | .978 | .032 | .051 | 16439.4 | 16877.7 | 14 | -.003 | -.003 | .002 | .005 | 3.24 | -54.11 |
| Scalar | 376.84 (231) | .971 | .965 | .040 | .046 | 16490.0 | 16871.0 | 14 | -.012 | -.012 | .008 | -.005 | 50.63 | -6.71 |
| Residual | 470.61 (252) | .955 | .951 | .047 | .053 | 16562.4 | 16857.3 | 21 | -.015 | -.014 | .007 | .007 | 72.40 | -13.61 |
| Modification | | | | | | | | | | | | | | |
|  | χ2(df) | CFI | TLI | RMSEA | SRMR | AIC | BIC | Δdf | ΔCFI | ΔTLI | ΔRMSEA | ΔSRMR | ΔAIC | ΔBIC |
| Configural | 264.89 (203) | .984 | .978 | .027 | .034 | 16235.4 | 16731.0 |  |  |  |  |  |  |  |
| Metric | 291.43 (217) | .981 | .975 | .029 | .046 | 16234.3 | 16672.5 | 14 | -.003 | -.003 | .002 | .012 | -1.17 | -58.51 |
| Scalar | 306.35 (231) | .981 | .977 | .028 | .046 | 16220.9 | 16601.9 | 14 | .000 | .001 | -.001 | .000 | -13.33 | -70.67 |
| Residual | 379.10 (252) | .967 | .964 | .035 | .048 | 16261.3 | 16556.2 | 21 | -.014 | -.013 | .007 | .002 | 40.32 | -45.69 |
| Readiness to confrontation | | | | | | | | | | | | | | |
|  | χ2(df) | CFI | TLI | RMSEA | SRMR | AIC | BIC | Δdf | ΔCFI | ΔTLI | ΔRMSEA | ΔSRMR | ΔAIC | ΔBIC |
| Configural | 220.81 (203) | .996 | .994 | .015 | .045 | 16762.0 | 17257.6 |  |  |  |  |  |  |  |
| Metric | 231.20 (217) | .997 | .996 | .013 | .049 | 16742.9 | 17181.2 | 14 | .001 | .001 | -.002 | .004 | -19.02 | -76.37 |
| Scalar | 250.57 (231) | .996 | .995 | .015 | .047 | 16735.0 | 17115.9 | 14 | -.001 | -.001 | .002 | -.002 | -7.97 | -65.31 |
| Residual | 367.80 (252) | .973 | .971 | .036 | .049 | 16849.5 | 17144.4 | 21 | -.023 | -.024 | .021 | .002 | 114.51 | 28.50 |
| Emotion awareness | | | | | | | | | | | | | | |
|  | χ2(df) | CFI | TLI | RMSEA | SRMR | AIC | BIC | Δdf | ΔCFI | ΔTLI | ΔRMSEA | ΔSRMR | ΔAIC | ΔBIC |
| Configural | 259.47 (203) | .986 | .980 | .027 | .034 | 15192.8 | 15688.4 |  |  |  |  |  |  |  |
| Metric | 272.97 (217) | .986 | .982 | .026 | .043 | 15182.1 | 15620.3 | 14 | .000 | .001 | -.001 | .009 | -10.72 | -68.06 |
| Scalar | 291.49 (231) | .985 | .982 | .027 | .044 | 15172.9 | 15553.8 | 14 | -.001 | .000 | .000 | .000 | -9.14 | -66.48 |
| Residual | 367.78 (252) | .970 | .967 | .036 | .046 | 15233.8 | 15528.7 | 21 | -.015 | -.015 | .009 | .003 | 60.91 | -25.10 |

*Note:* Confirmatory Fit Index (CFI), Tucker-Lewis Index (TLI), root mean square error of approximation (RMSEA) and Δs of these indices were robust; bold values represent the best model fit; constrained residual auto-covariances were estimated in all models.

**Supplement 5. Centrality indices of all three network models**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Network | Centrality | ERSQ1 | ERSQ2 | ERSQ3 | ERSQ4 | ERSQ5 | ERSQ6 | ERSQ7 | ORS |
| Temporal | Out degree  (edge  strength) | 0.00 [0.00; 0.00] | .14 [.14; .14] | .07 [.07; .07] | 0 [0.00; 0.00] | **.21 [.21; .22]** | .06 [.06; .06] | 0.00 [0.00; 0.00] | 0.00 [0.00; 0.00] |
|  | Closeness | 0.00 [0.00; 0.00] | 0.00 [0.00; 0.00] | 0.00 [0.00; 0.00] | 0.00 [0.00; 0.00] | 0.00 [0.00; 0.00] | 0.00 [0.00; 0.00] | 0.00 [0.00; 0.00] | 0.00 [0.00; 0.00] |
|  | Betweenness | 0 [0; 0] | 0 [0; 0] | 0 [0; 0] | 0 [0; 0] | 0 [0; 0] | 0 [0; 0] | 0 [0; 0] | 0 [0; 0] |
| Contempo- raneous | Strength  (edge strength) | 1.58 [1.57; 1.59] | **1.86 [1.85; 1.86]** | 1.05 [1.04; 1.06] | 1.58 [1.58; 1.59] | **1.80 [1.79; 1.81]** | 1.46 [1.44; 1.47] | .80 [.79; .81] | .23 [.22; .23] |
|  | Closeness | .029 [.029; .029] | .027 [.027; .027] | .025 [.024; .025] | **.032 [.032; .033]** | .030 [.030; .030] | .026 [.026; .026] | .021 [.021; .021] | .012 [.012; .012] |
|  | Betweenness | 10 [7; 8] | 10 [10; 10] | 0 [0; 1] | 4 [5; 6] | **18 [17; 17]** | 0 [0; 0] | 0 [0; 0] | 0 [0; 0] |
| Between-subjects | Strength  (edge strength) | **2.52 [2.50; 2.54]** | **2.50 [2.49; 2.51]** | 1.09 [1.08; 1.10] | 1.98 [1.97; 2.00] | 1.96 [1.95; 1.97] | **2.53 [2.51; 2.55]** | 1.68 [1.66; 1.70] | .30 [.29; .31] |
|  | Closeness | .039 [.039; .039] | .036 [.035; .036] | .032 [.031; .032] | **.045 [.044; .045]** | .038 [.038; .038] | **.042 [.042; .043]** | .030 [.030; .031] | .020 [.019; .020] |
|  | Betweenness | 0 [2; 3] | 4 [3; 4] | 0 [0; 0] | **15 [13; 15]** | **16 [16; 17]** | 2 [3; 5] | 0 [0; 0] | 0 [0; 0] |

*Note:* ERSQ1 = Understanding; ERSQ2 = Bodily sensation; ERSQ3 = Acceptance/Tolerance; ERSQ4 = Self-support; ERSQ5 = Modification; ERSQ6 = Readiness for confrontation; ERSQ7 = Emotion awareness; ORS = Outcome Rating Scale. Bold values represent nodes with high centrality compared to other nodes in the network. Values in square brackets represent 90 % confidence intervals based on 200 bootstrapped samples. Betweenness centrality values are medians.