**Examining the Structure of Emotion Regulation in a Substance Using Veteran Population**

**INTRODUCTION**

- Emotion Dysregulation is a complex, multifaceted construct characterized by a difficulty or inability to flexibly respond to and/or manage emotions (Carpenter & Trull, 2013).
- Emotion dysregulation is a transdiagnostic construct associated with an array of mental disorders, including:
  - Borderline personality disorder (BPD)
  - Anxiety and mood disorders
  - Substance use disorders (SUDs)

**METHODS**

- 320 Veterans enrolled in a residential SUD program
  - 94% Male
  - 70% White; 28% Black
  - M. Age = 48.09; SD = 12.11
  - 56% Army, 17% Navy, 14% Marines
  - Substance of choice: 43% Alcohol; 19% Heroin
  - M. Length of stay = 20 Days

**RESULTS**

- Alternative 6-factor solution was found.
- Some convergence was observed.
- Emergent Factors: Goals, Clarity, Dyscontrol, Negative Emotionality, Uncertainty, & Self-Efficacy

**IMPLICATIONS**

- The present work did not support the original 6-factor structure identified by Gratz and Roemer (2004).
- The identified factors were somewhat convergent; however, the identified self-efficacy factor was difficult to interpret and did not converge with the a priori DERS factors.
- Further factor analytic work is needed to clarify the structure of the DERS.