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Scoring sheet:

SEK-27

Fragebogen zur standardisierten Selbsteinschätzung emotionaler Kompetenzen

Berking, M. & Znoj, H. (2011)

Berking, M. & Znoj, H. (2011). SEK-27. Fragebogen zur standardisierten Selbsteinschätzung emotionaler Kompetenzen [Verfahrensdokumentation, Fragebogen deutsch, englisch, dänisch, farsi, holländisch, japanisch, koreanisch, spanisch und Auswertungsanweisung deutsch und englisch]. In Leibniz-Institut für Psychologie (ZPID) (Hrsg.), Open Test Archive. Trier: ZPID. <https://doi.org/10.23668/psycharchives.5261>

In English:

Berking, M. & Znoj, H. (2011). SEK-27. Fragebogen zur standardisierten Selbsteinschätzung emotionaler Kompetenzen [Test description, questionnaire in German, English, Danish, Farsi, Dutch, Japanese, Korean, Spanish, scoring sheet in German and English]. In Leibniz-Institute for Psychology (ZPID) (Ed.), Open Test Archive. Trier: ZPID. <https://doi.org/10.23668/psycharchives.5261>

All information and materials about the measure can be found at:

<https://www.testarchive.eu/en/test/9005957>

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Scales EMO-Check 77

Part 1:

scale	Item	Item No.
stress	stressed	34
	nervous	21
	tense	33
fear	anxious	23
	worried	37
	alarmed	30
anger	hostile	18
	irritable	19
	upset	15
sadness	sad	26
	unhappy	32
	distressed	14
depressivity	worthless	2
	depressed	31
	hopeless	35
shame	ashamed	20
	embarrassed	25
	humiliated	39
coping-emotions	confident	28
	optimistic	36
	courageous	1
	strong	7
	determined	12
	proud	9
	interested	5
	valuable	40
	safe	24
	cosy	29
	thankful	3
positive affect PANAS	active to attentive	Items 4 through 13
negative affect PANAS	distressed to anxious	Items 14 through 23
positive affect EMO-Check part 1-total	see questionnaire	Items: 1, 3-13, 24, 28, 29, 36, 40-43, 45, 46, 47, 49, 50
negative affect EMO-Check part 1-total	see questionnaire	Items: 2, 14-23, 25, 26, 27, 30-35, 37-39, 44, 48
Disgust (screening)	disgusted	38
Guilt (screening)	guilty	16

II. Scales of EMO-Check part 2

Nr.	Scale	Abbreviation	Items
1	Attention towards feelings	AE	1, 12, 19
2	Body perception of feelings	S	7, 14, 24
3	Clarity of feelings	CL	6, 13, 25
4	Understanding of feelings	UN	3, 11, 20
5	Acceptance of feelings	AC	5, 17, 23
6	Resilience: to tolerate and endure feelings	RS	4, 18, 26
7	Readiness for confrontation	RC	8, 16, 22
8	Self-support	SeS	9, 15, 27
9	Modification	MO	2, 10, 21
10	Total of emotion-regulation competences (mean of all items)	TOTAL	1-27

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