# Affect Regulation Checklist (ARC)

The Affect Regulation Checklist (©ARC; Moretti, 2003) is a is a 12-item measure adapted from published scales of emotion regulation (Gross & John, 2003; Shields & Cicchetti, 1995) and augmented with supplementary items to tap three aspects of affect regulation: affect dysregulation, affect suppression, and adaptive reflection. Consistent with other studies, the ARC represents a multidimensional view of affect regulation that includes both maladaptive (lack of control, suppression) and adaptive (reflection) strategies. Each subscale consists of four items which are scored on a 5-point scale ranging from “*not like me*” to “*a lot like me*” and ask about experiences of affect in general.

Four versions of the ARC are used in our research: the ARC for parents asking them about their own affect regulation; the ARC for parents asking about their child’s affect regulation; the ARC for youth assessing their own affect regulation; and the ARC for parents asking about their affect regulation specifically in the context of the caregiver-child relationship.

Results from Goulter and colleagues’ (2022) psychometric evaluation of the parent and youth self-report versions of this measure supported a 3-factor solution for the ARC, Parent Report of Youth: CFI =.98, *RMSEA* = .07 *p* <.001; Youth Self-Report: CFI = .99, *RMSEA* = .06, *p* <.001. Internal reliabilities of the subscales have also been reported:

* Parent-report: dysregulation (α/ω = .84/.86), suppression (α /ω = .69/.71), and reflection (α /ω = .84/.84).
* Youth self-report dysregulation (α /ω = .86/.88), suppression (α /ω = .68/.71), and reflection (α /ω = .80/.80

**REFERENCES:** Goulter, N., Balanji, S., Davis, B. A., James, T., McIntyre, C. L., Smith, E., Thornton, E. M., Craig, S. G., & Moretti, M. M. (2023). Psychometric Evaluation of the Affect Regulation Checklist: Clinical and Community Samples, Parent-Reports and Youth Self-Reports. *Journal of Research on Adolescence*, *33*(1), 344–360. <https://doi.org/10.1111/jora.12779>

Moretti, M.M. (2003). Affect regulation checklist. Unpublished research measure. Simon Fraser University, Burnaby, British Columbia, Canada.

# The following questions measure affect dysregulation:

1. I have a hard time controlling my feelings.

4. It’s very hard for me to calm down when I get upset.

7. My feelings just take over me and I can’t do anything about it.

10. When I get upset, it takes a long time for me to get over it.

# The following questions measure affect suppression:

3. I try hard not to think about my feelings.

6. It’s best to keep feelings in control and not to think about them

9. I keep my feelings to myself.

12. I try to do other things to keep my mind off how I feel.

# The following questions measure adaptive reflection:

2. Thinking about why I have different feelings helps me to learn about myself.

5. Thinking about why I act in certain ways helps me to understand myself.

8. The time I spend thinking about what’s happened to me in my life helps me to understand myself. 11R. If I think about my feelings, it just makes everything worse.