



Exploration of Emotion Regulation & Mental Health Symptoms

VISIT HERE



Survey Link: <https://spalding.questionpro.com/emotionregulationsurvey>



Survey closes May 15th, 2023

Survey Eligibility

- * 18 years old
- * Reside in US
- * 8th grade reading level

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My name is Sarah Chatt, and I am a fifth- year student in the School of Professional Psychology at Spalding University in Louisville, KY. You are invited to participate in a research project about problems accepting emotions, controlling impulses, using emotion regulation strategies, and mental health symptoms. This survey will take approximately 25 minutes to complete and will help professionals better understand which aspects of emotion regulation are most deficient in individuals meeting criteria for different mental health disorders.