Validity and Reliability of the Difficulties in Emotional Regulation Scale (DE
ERS) in the Ecuadorian Population

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Introduction
Despite the wide variety to assess emotional regulation, in Ecuador validated instruments are needed to assess the construct from an integral perspective. According to this argument, the objective of this study is to perform the translation and cultural adaptation of DERS, as well as to study its psychometric properties in the Ecuadorian population.

Method
The study population consisted of an accidental non-probabilistic sample [28], n = 1172 (age: M = 21.99, SD = 2.49, 58.6% women and 41.4% men) undergraduate students of Psychology of the Catholic University of Cuenca of Ecuador. Regarding the selection criteria, for the inclusion criterion, psychology university students who signed the informed consent and as an exclusion criterion were considered to be those participants who are under the influence of drugs and / or drugs, except tobacco.

Instruments: Difficulties in Emotion Regulation Scale -DERS- [24]. Self-applied questionnaire that allows to measure the difficulties in emotional regulation and different aspects of it. Composed of 36 items measured on a five-point Likert scale (from “Almost never / 0-10% of the time” to “Almost always / 90-100% of the time”). With regard to the internal structure, and in order to determine the underlying dimensions of the DERS, a cross-validation procedure was used. To do this, the sample was randomly divided into two halves. The first subsample (n1 = 586) was used to perform an exploratory analysis. Previously, the pertinence of the same was evaluated by the Kaiser-Meyer-Olkin test (KMO) and the Bartlett sphericity test. Like the study by Gratz & Roemer, the method used for the extraction of factors was by factoring the main axes and the oblique method to obtain the matrix was promax. With the second subsample (n2 = 586), a confirmatory factorial analysis (CFA) was carried out to check if the structure obtained by main axes was replicated. Once the factorial structure was established, to know the reliability of the scale, the coefficient alpha (α) of Cronbach and the Omega coefficient (ω) of McDonald were used.

Results

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<th>Table 1 Descriptive statistics and contrast of multivariate normality.</th>
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The data from the correlation matrix was adequate for this type of analysis [Bartlett’s sphericity test (630) = 10920.284; p < .005; Kaiser-Meyer-Olkin Index = 0.931]. Five factors were extracted, according to the rule of eigenvalues greater than one. The five factor solution explained 49.22% of the variance. With the second sample (n2 = 586) this five-factor model was subjected to a confirmatory factorial analysis; the estimation method was by Unweighted Least Squares (ULS).

Discussion
The new instrument is similar to that conceived by the authors, so the Ecuadorian version hardly presents semantic differences with the instrument in English. During the translation, no significant comprehension difficulties were detected derived from uncommon terminologies, nor strong differences between the chosen terms; Making an adequate translation is essential: one of the biases usually found in adapted questionnaires is that a conceptual equivalence between different cultures is not carried out; and, in this line, the greater the difference with the original questionnaire, the greater the possibility of evaluating different notions. Without forgetting that a good equivalence facilitates the exchange of information between the scientific community of different media.

In conclusion, after a translation and validation process of the DERS, a questionnaire adapted to the Ecuadorian culture has been obtained, whose scores can be considered valid and reliable. Likewise, it can be affirmed that the present version is equivalent to the original instrument both from the cultural and semantic point of view. Having an adapted scale in Ecuador on the difficulties of emotional regulation responds to the need to have instruments validated in the country that address this issue from a clear and simple language.

The standardized parameters of the final model, whose adjustment was acceptable [55, 56] [x2 (584) = 5512.724; GFI = 0.95; AGFI = 0.95; NFI = 0.94; RMR = 0.11] respectively. All factorial loads and factor correlations were statistically significant (p <.001). The internal consistency of each subscale was relatively good, because most of the scores of Cronbach's alpha coefficients and McDonald's Omega coefficients showed higher values of 0.70 in most factors. For factor 1 (fourteen items) α = 0.93, ω = 0.93; factor 2 (eight items) α = 0.83, ω = 0.86; the factor 3 (six items) α = 0.80, ω = 0.81; the factor 4 (four items) α = 0.75, ω = 0.76; and the factor 5 (four items) α = 0.60, ω = 0.61 that showed low reliability comparatively. The total reliability of the scale has a Cronbach's alpha of 0.90 and a McDonald's omega coefficient of 0.91 respectively.

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