

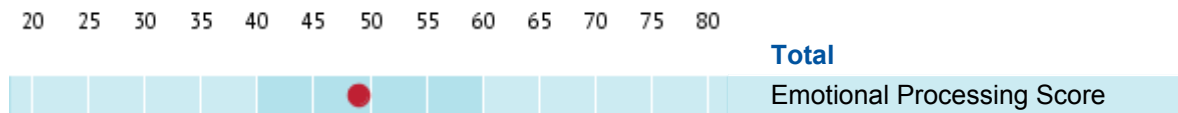
# EPS

## Emotional Processing Scale Technical Report

**Joe Bloggs**  
**ID 13234-5211**  
**Date 21/10/2016**

## OVERVIEW

### Summary profile



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The test taker's age lies outside the range represented in the norm sample. Please keep this in mind when interpreting the results. You may like to refer to detailed information about this norm.

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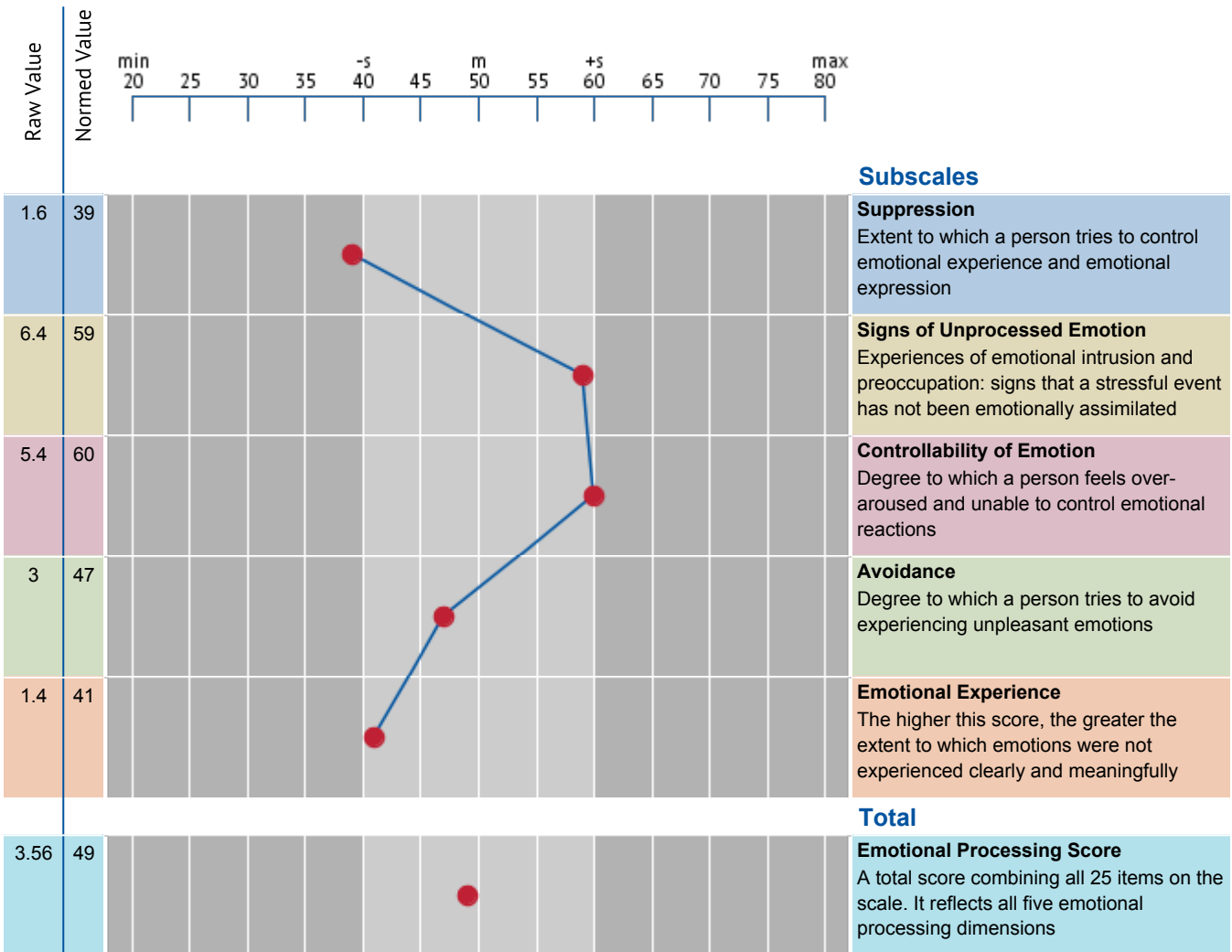
### Structure of this report

- Profile sheet
- Table of scores
- Scale details
- Item-level analysis
- Response statistics

Only qualified psychologists or appropriately trained test administrators should interpret psychometric test results. Please follow the relevant guidelines from the appropriate professional body.

# PROFILE SHEET

Emotional Processing Scale |  
 Healthy: Community (UK) (total) - T Score (50+10z)



**Subscales**

- Suppression**  
Extent to which a person tries to control emotional experience and emotional expression
- Signs of Unprocessed Emotion**  
Experiences of emotional intrusion and preoccupation: signs that a stressful event has not been emotionally assimilated
- Controllability of Emotion**  
Degree to which a person feels over-aroused and unable to control emotional reactions
- Avoidance**  
Degree to which a person tries to avoid experiencing unpleasant emotions
- Emotional Experience**  
The higher this score, the greater the extent to which emotions were not experienced clearly and meaningfully

**Total**

**Emotional Processing Score**  
 A total score combining all 25 items on the scale. It reflects all five emotional processing dimensions

## TABLE OF SCORES

Emotional Processing Scale |  
Healthy: Community (UK) (total) - T Score (50+10z)

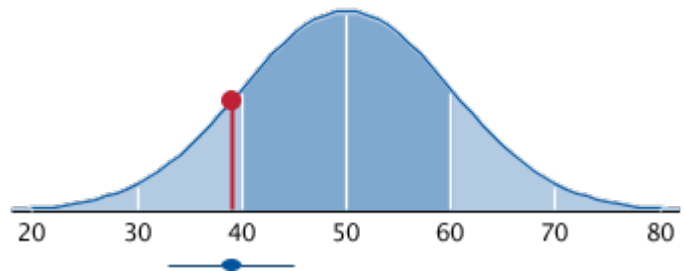
Scale	Raw val	Normed val
<b>Subscales</b>		
Suppression	1.6	39
Signs of Unprocessed Emotion	6.4	59
Controllability of Emotion	5.4	60
Avoidance	3	47
Emotional Experience	1.4	41
<b>Total</b>		
Emotional Processing Score	3.56	49

## SCALE DETAILS

### Suppression

Healthy: Community (UK) (total) - T Score (50+10z)

Raw val	1.6
Normed val	39
Missing vals	0
Confidence interval	[33 - 45]



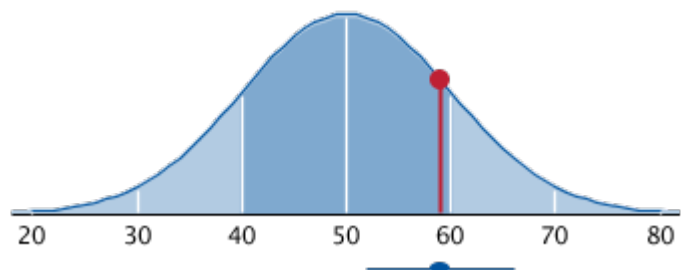
Suppression is about controlling emotional states and their expression.

It contains items related to the suppression of emotional experience (e.g. 'I smothered my feelings') and items related to the suppression of emotional expression (e.g. 'I tried not to show my feelings to others').

### Signs of Unprocessed Emotion

Healthy: Community (UK) (total) - T Score (50+10z)

Raw val	6.4
Normed val	59
Missing vals	0
Confidence interval	[52 - 66]

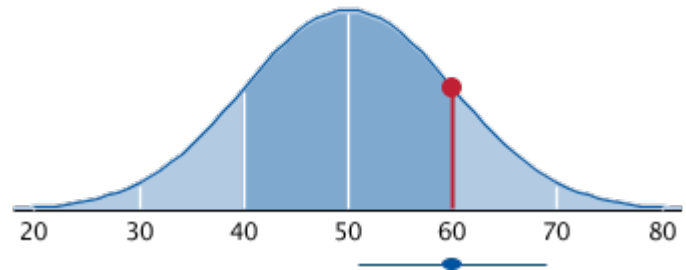


This factor reflects the concept of persistent, intrusive, inadequate resolution to an emotional event which has not been incorporated into experience. This includes items such as 'I repeatedly experienced the same emotion' and 'Unwanted feelings kept intruding'. It captures when emotions have not been processed adequately. The presence of emotional material that still needs to be worked through will lead to persistent intrusive emotions such as feeling like crying, anger from no discernible cause, and becoming emotional at things which would not have caused emotion at another time. This could reflect a natural reaction to a difficult event which is still being processed, as in grieving, or a prolonged difficulty dealing with an emotional situation.

## Controllability of Emotion

Healthy: Community (UK) (total) - T Score (50+10z)

Raw val	5.4
Normed val	60
Missing vals	0
Confidence interval	[51 - 69]



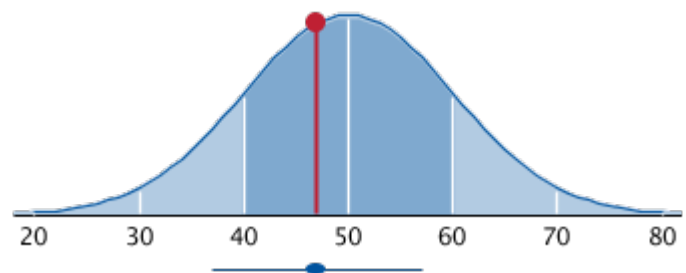
This factor reflects both the presence of powerful emotional feelings and the perception of how much control one has over these feelings. They are mostly externally oriented emotions involving high arousal, agitation or anger, such as 'When upset or angry it was difficult to control what I said'.

A high score on the controllability subscale suggests that the person has outbursts of emotion or perceives that their emotional expression is out of control. It may also reflect a more expressive (behavioural) aspect of the Signs of Unprocessed Emotion subscale. A score lower than the normal population might also be problematic in that it may reflect too little expressive emotion with no need for any control.

## Avoidance

Healthy: Community (UK) (total) - T Score (50+10z)

Raw val	3
Normed val	47
Missing vals	0
Confidence interval	[37 - 57]

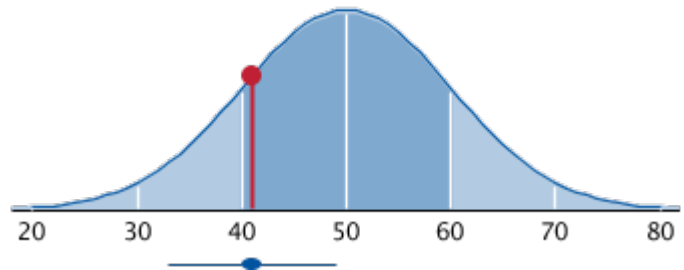


Avoidance is about experiential or internal avoidance of stimuli that trigger an emotional response. It could almost be described as a 'pre-attempt' to manage emotions. It can consist of verbal and behavioural strategies such as 'I tried hard to avoid things that might make me upset', as well as attitudes towards experiencing emotions, such as 'I was unable to tolerate unpleasant feelings'.

## Emotional Experience

Healthy: Community (UK) (total) - T Score (50+10z)

Raw val	1.4
Normed val	41
Missing vals	0
Confidence interval	[33 - 49]

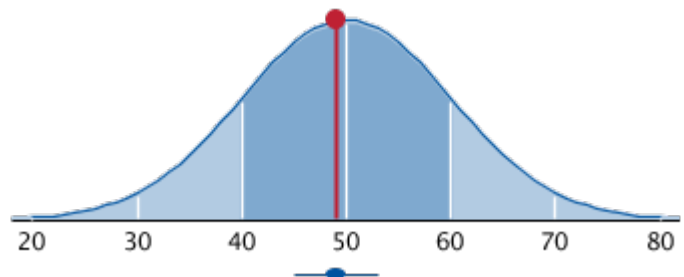


This subscale is very much associated with the internal experience of emotions. This factor is related to the concept of alexithymia, whereby patients have difficulties labelling emotions or linking them to events. They might feel detached from their emotions (e.g. 'There seemed to be a big blank in my feelings'). They might fail to recognise emotions or to discriminate between different emotions, and even misconstrue emotional sensations for physical illness (e.g. 'It was hard to figure out if I felt ill or emotional').

## Emotional Processing Score


Healthy: Community (UK) (total) - T Score (50+10z)

Raw val	3.56
Normed val	49
Missing vals	0
Confidence interval	[45 - 53]



The Total Emotional Processing Score is the mean of all 25 items in the scale. It is the single most significant score, representing an amalgam of different emotional processing dimensions, covering styles of regulation (suppression and avoidance), experiential signs of unprocessed emotion, behavioural signs of problems in controlling emotion and the person's understanding and experiencing of their feelings. High scores represent problems in emotional processing, frequently associated with psychological disorder. Significantly low scores may also represent problematic emotional processing of a different kind, failure to understand the questionnaire or disinterest. Any significant elevations above or below the norm are best treated as representing difficulties.

## ITEM-LEVEL ANALYSIS

No.	Item (abbreviated)	Response	Points	Time (sec)
<b>Suppression</b>				
1	Smothered feelings	1	1	6.5
6	Difficulty expressing feelings	1	1	5.4
11	Kept quiet about feelings	2	2	3.3
16	Bottled up emotions	2	2	2.5
21	Tried not to show my feelings	2	2	4.4
<b>Signs of Unprocessed Emotion</b>				
2	Intruding feelings	7 – High	7	6.3
7	Long-lasting emotional reactions	2	2	10.2
12	Repeatedly experienced same emotion	7 – High	7	5.2
17	Overwhelmed by emotions	8 – High	8	4.3
22	Thinking about the same situation	8 – High	8	5.8
<b>Controllability of Emotion</b>				
3	Difficulty controlling upset and anger	6 – High	6	9.6
8	Overreaction to what people said/did	7 – High	7	8.1
13	Get own back on someone	0	0	4.6
18	Urge to smash something	7 – High	7	3.8
23	Hard to wind down	7 – High	7	3.5
<b>Avoidance</b>				
4	Avoided unpleasant things	2	2	6.5
9	Avoided talking about negative feelings	2	2	7.4
14	Only talk about pleasant things	2	2	4.8
19	Not tolerate unpleasant feelings	7 – High	7	5.2
24	Tried to avoid upsetting things	2	2	5.9
<b>Emotional Experience</b>				
5	Blunt emotions	1	1	3.9
10	Feelings did not belong to me	1	1	6.3
15	Hard to work out if felt ill or emotional	2	2	7.6
20	Blank in my emotions	1	1	4.8
25	Had strong feelings, not sure if they were emotions	2	2	4.6
<b>(Auxiliary)</b>				
A1	Strongest positive/pleasant emotion last week	Joy		
A2	Strongest negative/unpleasant emotion last week	Very anxious		
B	Other important things to add			
Number of missing responses			1	
Total item response time				02:51

 - missing value



## RESPONSE STATISTICS

### Distribution of responses

Step		
1	4 %	
2	20 %	
3	40 %	
4	0 %	
5	0 %	
6	0 %	
7	4 %	
8	24 %	
9	8 %	
10	0 %	

### Page focus events

No page focus events were detected during this test.

Page focus events occur when a test taker switches away from the test to another window on the computer. For a detailed explanation, please consult our Glossary.