

P03-136

## EMOTION REGULATION - A TRANSDIAGNOSTIC APPROACH

K. Endtner, M. Hänni, W. Tschacher

Department of Psychotherapy, University of Bern, Bern, Switzerland

**Introduction:** Psychotherapy research shows that problems in emotion regulation are at the core of many different psychiatric disorders. Greenberg and colleagues distinguish between two categories of emotion regulation problems: emotional under- and overregulation.

Whereas the first category is associated with diminished impulse control, the second is constituted of difficulties in perceiving and expressing emotions.

**Objective:** Is it possible to validate the clinical concept of emotional underregulation and overregulation?

**Aims:** Patients of a psychotherapy day clinic attended a specific group therapy program aimed at improving emotion regulation. The program included interventions to control impulses as well as interventions focussing on a more appropriate perception and expression of emotions.

**Methods:** The evaluation of the program was based on pre-post comparisons of standard questionnaires and on repeated assessments of therapy processes using session reports.

**Results:** Results of about 50 patients attending the group therapy program will be presented.

Different clusters depending on a patient's position on the two emotion regulation dimensions were found. Each cluster represented a unique pattern of emotion regulation.

**Discussion:** It was possible to validate the clinical construct of emotional underregulation and overregulation. The results contribute to a transdiagnostic approach to emotion regulation.