

P-307 - PSYCHOMETRIC PROPERTIES OF THE “DIFFICULTIES IN EMOTION REGULATION SCALE” IN SPANISH (DERS-E) IN MEXICAN ADOLESCENTS

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Introduction: Emotional Dysregulation (ED) is the decreased capacity to experience and differentiate an ample range of emotions, as well as to monitor, evaluate and modify intense emotional states. The Difficulties in Emotion Regulation Scale (DERS) was developed for adults, has good internal consistency (Cronbach's $\alpha = 0.93$), and test-retest reliability.

Objectives: To translate and determine the psychometric properties of the Spanish version of the DERS (DERS-E) in a non clinical Mexican adolescent's sample.

Method: 455 students of a public high school in the Mexico City participated; the mean age was $13.1 \pm .95$ years old. The scale was administered in groups of 40 students, who concurrently answered the Spanish version of the following measures:

- i) Self-injury schedule;
- ii) Beck depression inventory;
- iii) Beck anxiety inventory; and
- iv) Plutchik's Impulsivity scale.

Results: The first confirmatory factorial analysis (CFA) showed that the data didn't replicate the original 6 factor structure ($\chi^2 = 22339.4$, $df = 6$, $p < 0.05$). An exploratory factorial analysis showed that the data adjusted with a 24 items and 4 factors model (corroborated with a second CFA: $\chi^2 = 259.729$, $df = 230$, $p > 0.05$); the subscales Cronbach' α were from .85 to .68. The validity through contrasted groups and the correlation with concurrent scales showed significant results (Pearson's r of .51. to .76, $p < 0.05$).

Conclusions: The DERS-E didn't replicate the factorial structure of the original scale, but showed a similar and multidimensional structure of 4 factors and showed good psychometric properties, with respect to internal consistency and concurrent validity.