

Understanding the relationship between adolescent social skills and emotion dysregulation

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Background

Understanding the link between emotional dysregulation and the subdomains of social skills allows guardians, educators, and health providers to identify potential sources of maladaptive or impaired behaviors that prevent them from adjusting to new situations. This knowledge can be used to give proper interventions to adolescents while helping the caretakers understand the child's emotions, development, and behavior.

Two elements measured within this study include **emotional reactivity** (intense and escalating negative expressions), and **dysphoria** (general dissatisfaction and unease).

Measuring emotional dysregulation contributes to the study of transdiagnosis processes (symptoms presenting across multiple disorders) that explain behaviors.

Objective

We examined (1) the relationship between adolescent and parent reports of emotion dysregulation; and (2) the link between social skills and emotion dysregulation (parent report only).

Methods

- Sample: N= 55, Ages 10-14 years
- The Emotion Dysregulation Inventory (EDI) and the Social Responsiveness Scale (SRS) are questionnaires designed to assess emotional dysregulation and social skills.
 - Parent report: SRS and EDI
 - Participant report: EDI
- Both the EDI and SRS comparisons were viewed in the domains of reactivity and dysphoria of the EDI.
- The relationship between SRS and EDI was compared through Spearman's correlations. Regression coefficients are reported, and regression lines are plotted.



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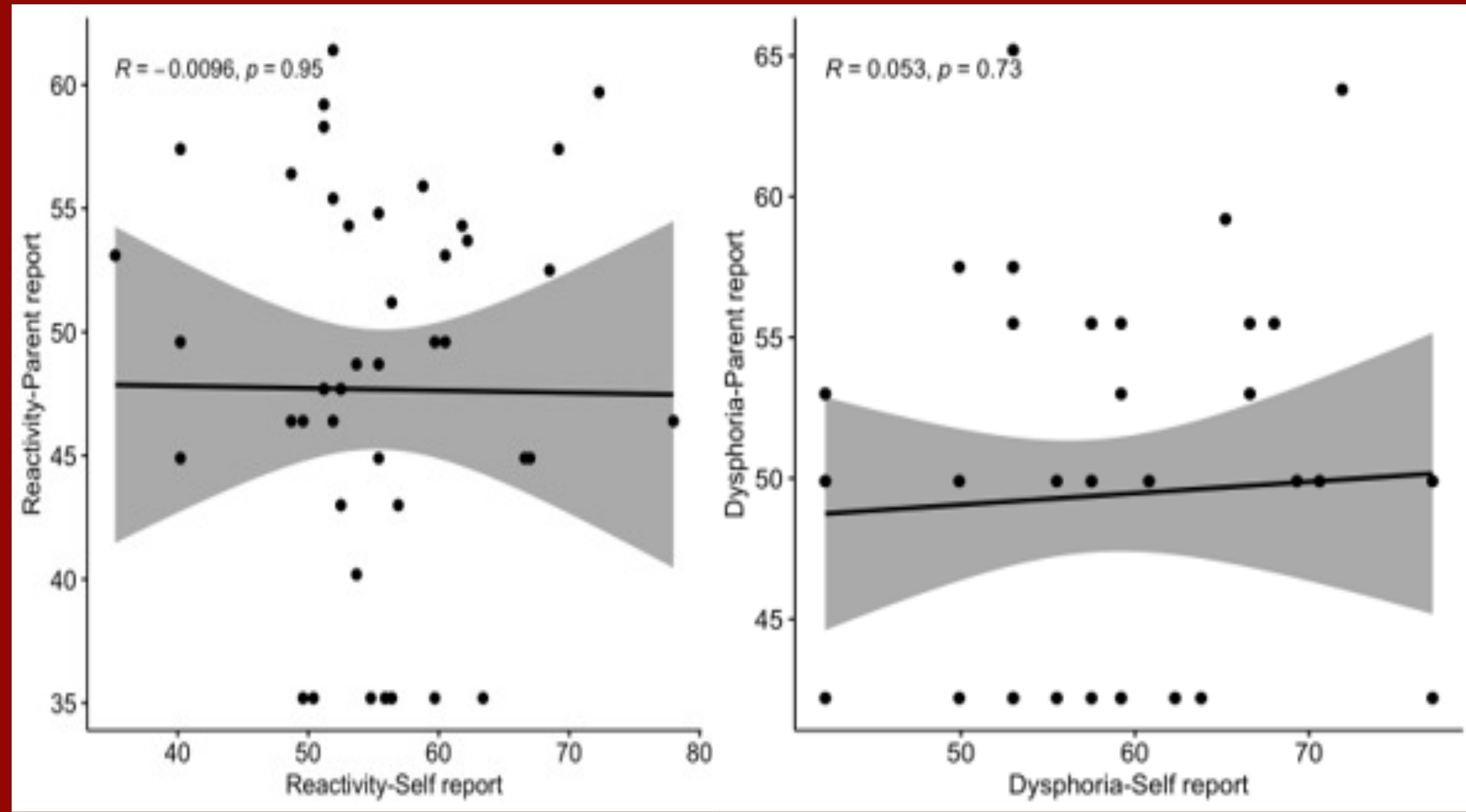


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References

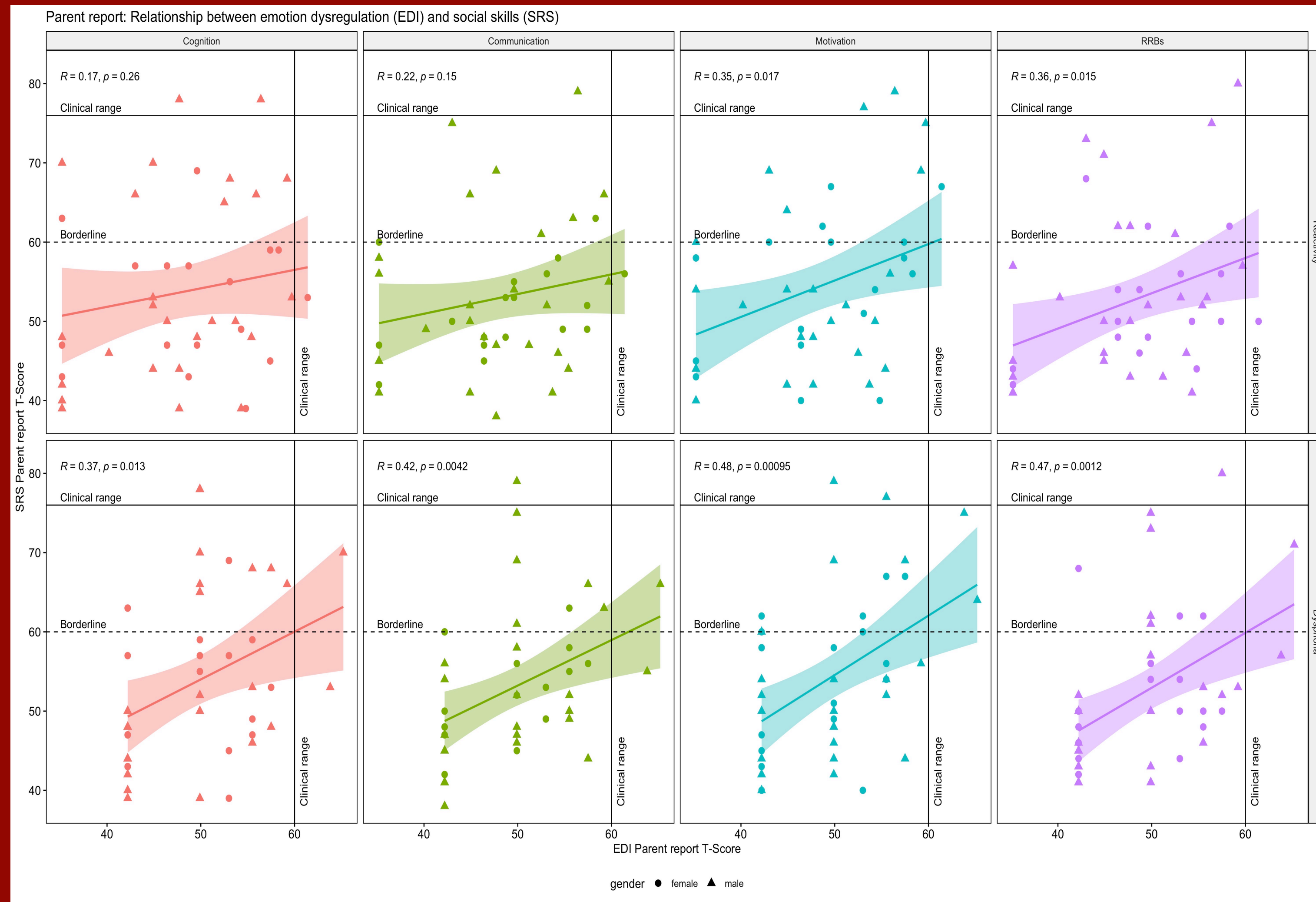


There is not a significant correlation with parent and self-reports on the EDI.



EDI Measures: Comparison between Parent and self-reports in the domains of reactivity and dysphoria

There is significant correlation with dysphoric emotion dysregulation and social skills, but not reactive emotions and social skills.



SRS and EDI: Comparison between parent reports of subdomains of the SRS (cognition, communication, motivation, & RRB's) and domains of the EDI (reactivity and dysphoria)

- The lack of significant correlation between self-reports and parent reports on the EDI indicate there may be a disconnect between the way adolescents feel and the way it is perceived by others, especially parents.
- Motivation and RRBs SRS subdomains show significant correlations in the reactivity domain of the EDI, which may be because these social behaviors are more outwardly obvious, making them more likely to be observed by parents.
- There is a significant relationship between the social cognition subscale of the SRS and the dysphoria subdomain of the EDI compared to the reactivity domain.
- For future measures, it is important to consider the disparities that can exist from different perspectives when having someone with a relationship to the participant to fill out questionnaires on their behalf.