



# EPS

## Emotional Processing Scale

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Identifies emotional processing styles  
and potential deficits in adults



HOGREFE



# Emotional Processing Scale

With considerable research revealing associations between emotional processing styles and psychopathology, clinicians need a psychometric scale that can accurately assess the different facets of emotional processing.

The Emotional Processing Scale (EPS) is a 25-item questionnaire designed to identify emotional processing styles and potential deficits. Developed over the course of 12 years by an experienced team, the EPS is for use by clinicians working in mental health, psychological therapy and health psychology, as well as researchers interested in the emotional life of healthy individuals and other populations.

A broad range of applications allows the EPS to be easily incorporated into clinical practice. It has worldwide appeal - having attracted:

- 85 research collaborations
- 11 translations

## The EPS can be used to:

- identify and quantify healthy and unhealthy styles of emotional processing;
- assess the contribution of poor emotional processing to physical, psychosomatic and psychological disorders;
- provide a non-diagnostic framework to assess patients for research or therapy;
- measure changes in emotions during therapy/counselling; and
- assist therapists in incorporating an emotional component into their formulations of psychological therapy.

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# How the EPS works:

The EPS provides the patient with a series of 25 statements. The patient is required to rate the extent to which each of the statements applies to the way they felt or acted during the last week. Typically, the test takes just five to ten minutes to complete.

The EPS uses five subscales of five items each to generate a total emotional processing score. The subscales are:

- 1) Suppression;
- 2) Signs of unprocessed emotion;
- 3) Controllability of emotion;
- 4) Avoidance; and
- 5) Emotional experience.

The easy-to-use scoring sheet makes generating subscale scores and the total emotional processing score simple. The accompanying profile chart can then be used to plot the scores in comparison to the percentile scores for the healthy adult UK population. The *Norms Booklet* also provides a range of other comparison populations against which to compare the scores of an individual - including those with psychological disorder, youth offenders, pregnant women, chronic pain sufferers and healthy individuals from a range of nationalities.

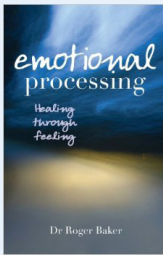
## Your EPS kit includes:

- Manual
- Norms Booklet
- Scoring Booklets (25 pack)



## About us

Hogrefe Ltd is part of the Hogrefe Group, with companies and partnerships throughout the world. We publish more than 700 scientifically developed, objective psychometric tools for business, health and education professionals. We have over 35 journals and bring around 200 books to market each year. Established over 60 years ago, we are still family owned, still secure and still growing.



### Also available

#### **Emotional Processing: Healing through Feeling**

*By Roger Baker – the lead author of the EPS*

Roger Baker's ground-breaking book, based on the research of his medical team, presents a new way of understanding emotions and new insights into handling emotional pressures, and is illustrated throughout with examples from patients in psychological therapy and from everyday life.




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## For more information...

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