

# Adolescent Medicine & Child Psychology

September 28-29, 2017 Berlin, Germany

## Development and validation of a Japanese version of Emotion Regulation Questionnaire for Children and Adolescents: A preliminary study

Hikari Namatame<sup>1</sup>, Hiroko Fujisato<sup>2</sup> and Yoko Sawamiya<sup>1</sup><sup>1</sup>University of Tsukuba, Japan<sup>2</sup>National Center of Neurology and Psychiatry, Japan

It is an important issue worldwide that the mental health of children and adolescents. It is very important for children to learn adaptive emotion regulation strategies because the emotion dysregulation is risk factor for depression and anxiety disorders. However, in Japan, there is no scale that assesses the emotion regulation of children, so that the research progress of depression and anxiety disorders has been delayed. Therefore, the present research is aimed at the developing the Japanese version of the emotion regulation questionnaire for children and adolescents and investigate its reliability and validity. Adolescents the age 15-18 participate the survey and rate the Japanese version of ERQ-CA, emotion regulation behavior scale, Trait Anxiety subscale of State-Trait Anxiety Inventory form X and Center for Epidemiologic Studies Depression Scale. In near future, we will conduct the survey for children the age 8-15 and complete the examination of reliability and validity of the Japanese version of ERQ-CA.

### Biography

Hikari Namatame has completed her Master's degree in Psychology from the University of Tsukuba. Her research work focuses on positive body image.

[jus122@hotmail.co.jp](mailto:jus122@hotmail.co.jp)

### Notes: