

The ability to regulate emotions effectively has been associated with resilience to psychopathology. Emotion regulation difficulties have been proposed as a component of clinical disorders and are a primary target of a form of psychotherapy known as dialectical behavior therapy (DBT). Poor emotion regulation has been associated with specific psychiatric disorders, however, to date, no study has attempted to estimate the magnitude of the difference in emotion regulation capacity between individuals with different psychiatric disorders and healthy controls by reviewing the existing literature. In this review we are examining cross-sectional studies that compare a diagnosed psychiatric group to a healthy control group using validated and commonly used self-report emotion regulation (ER) measures (ex. DERS, ERQ, ERSQ, CERQ). The primary measure used for the meta-analysis will be mean difference in total ER scores as well as the standardized mean difference to estimate the effect size (Hedge's  $g$ ) for total scores.