

**The Interpersonal Regulation Questionnaire (IRQ)**

Williams, W.C., Morelli, S.A., Ong, D.C., & Zaki, J. (2018). Interpersonal emotion regulation: Implications for affiliation, perceived support, relationships, and well-being. *Journal of Personality and Social Psychology*, 115(2), 224-254.

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**Instructions:**

Present all 16 items in **fully randomized order** with the following **7-point Likert scale**:

(1) strongly disagree – (2) disagree – (3) somewhat disagree – (4) neither agree nor disagree – (5) somewhat agree – (6) agree – (7) strongly agree

**Scoring:**

To determine each sub-scale score, calculate the sum of responses to each group of four items. To determine the total score, calculate the sum of all four sub-scale scores.

**Negative-Tendency (IRQ-NT)**

1. When something bad happens, my first impulse is to seek out the company of others.
2. When I'm having trouble, I can't wait to tell someone about it.
3. I just have to get help from someone when things are going wrong.
4. I manage my emotions by expressing them to others.

**Negative-Efficacy (IRQ-NE)**

5. I appreciate having others' support through difficult times.
6. Sometimes I just need someone to understand where I'm coming from.
7. It really helps me feel better during stressful situations when someone knows and cares about what I'm going through.
8. I really appreciate having other people to help me figure out my problems.

**Positive-Tendency (IRQ-PT)**

9. When things are going well, I just have to tell other people about it.
10. When something good happens, my first impulse is to tell someone about it.
11. When things are going well, I feel compelled to seek out other people.
12. When I want to celebrate something good, I seek out certain people to tell them about it.

**Positive-Efficacy (IRQ-PE)**

13. I'm happier when I'm with my friends than when I'm by myself.
14. Being with other people tends to put a smile on my face.
15. I find that even just being around other people can help me to feel better.
16. I really enjoy being around the people I know.