

Modalidades evaluativas en la regulación emocional: Aproximaciones actuales

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Evaluating emotional regulation requires a certain level of complexity due to the multiple theoretical approaches that exist nowadays as well as a lack of universal agreement as to its conceptualization.

Looking at what recent research offers, we capture the most significant and relevant concepts as an urge to come close to offer a unified definition. The present revision seeks to show a panoramic view of the existing evaluation modalities for this construct, placing it in a comprehensive perspective in order to build a guide looking forward to further investigations. Assessment methods as well as principal findings will be revised examining prior core elements of its definition. © 2011

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Assessment methods

Emotional regulation

Emotional regulation strategies