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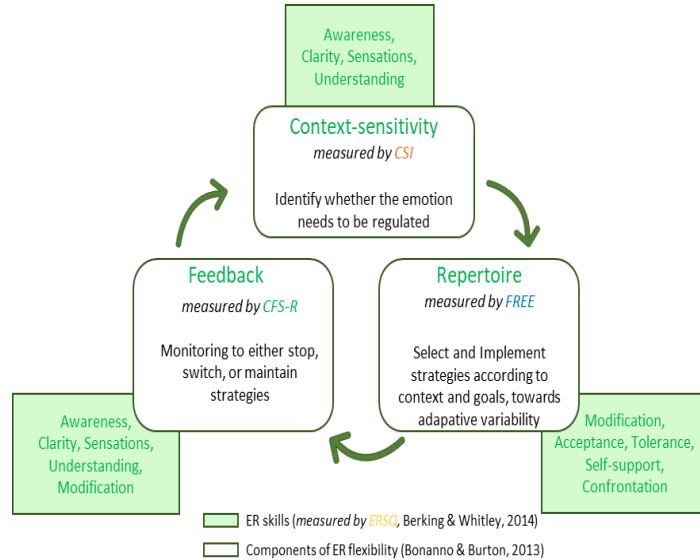
Exploring Emotion Regulation through the Integration of ER Flexibility and ER Skills Models: A Network perspective

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INTRODUCTION & BACKGROUND

Conceptual model: Integration of ER skills and flexibility
following Nardelli's theoretical framework (2023)



OBJECTIVE

Identify which emotion regulation (ER) skills are most strongly connected to ER flexibility components using Gaussian Graphical Modeling (GGM).

METHOD & DATA ANALYSIS

$N = 497$ recruited on Prolific

Network estimated via GGM (EBICglasso, $\gamma = .75$) with partial correlations (reported as r).

Community detection performed via Walktrap algorithm

Accuracy assessed through:

- Nonparametric bootstrapping (edge weights)
- Case-drop bootstrap (centrality: strength, closeness, betweenness, degree, expected influence)
- Exploratory Graph Analysis (dimensional structure)

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NETWORK RESULTS – KEY ASSOCIATIONS

Strong within-scale associations supported structural coherence:

Tolerance–Acceptance ($r = .53$), Understanding–Clarity ($r = .45$), Recoping–Metacoping ($r = .38$), Enhancement–Suppression ($r = .25$)

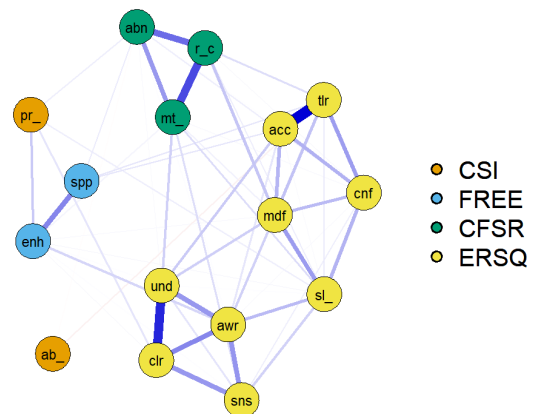
→ Modification was associated with Acceptance, Tolerance, Confront, Self-support ($r = .10-.20$)

Meaningful cross-scale associations: Cue-presence–Enhancement ($r = .11$), Recoping–Modification ($r = .12$)

Only two very weak negative edges:

Cue-absence–Tolerance ($r = -.03$), Cue-absence–Abandonment ($r = -.003$)

Estimated Network of ER Skills and Flexibility



CONCLUSION & LIMITS

The network showed **coherent associations among ER skills and flexibility components**, supporting an **integrated model of emotion regulation**.

→ **Cue-absence** was weakly connected, possibly due to the **vignette-based format of the CSI**

Future studies should estimate **network models using ecological assessments of ER flexibility**.

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