



Emotional stability and security: Validation of the Cognitive Emotional Regulation Questionnaire (CERQ) in a sample of police and firefighter cadets

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BACKGROUND

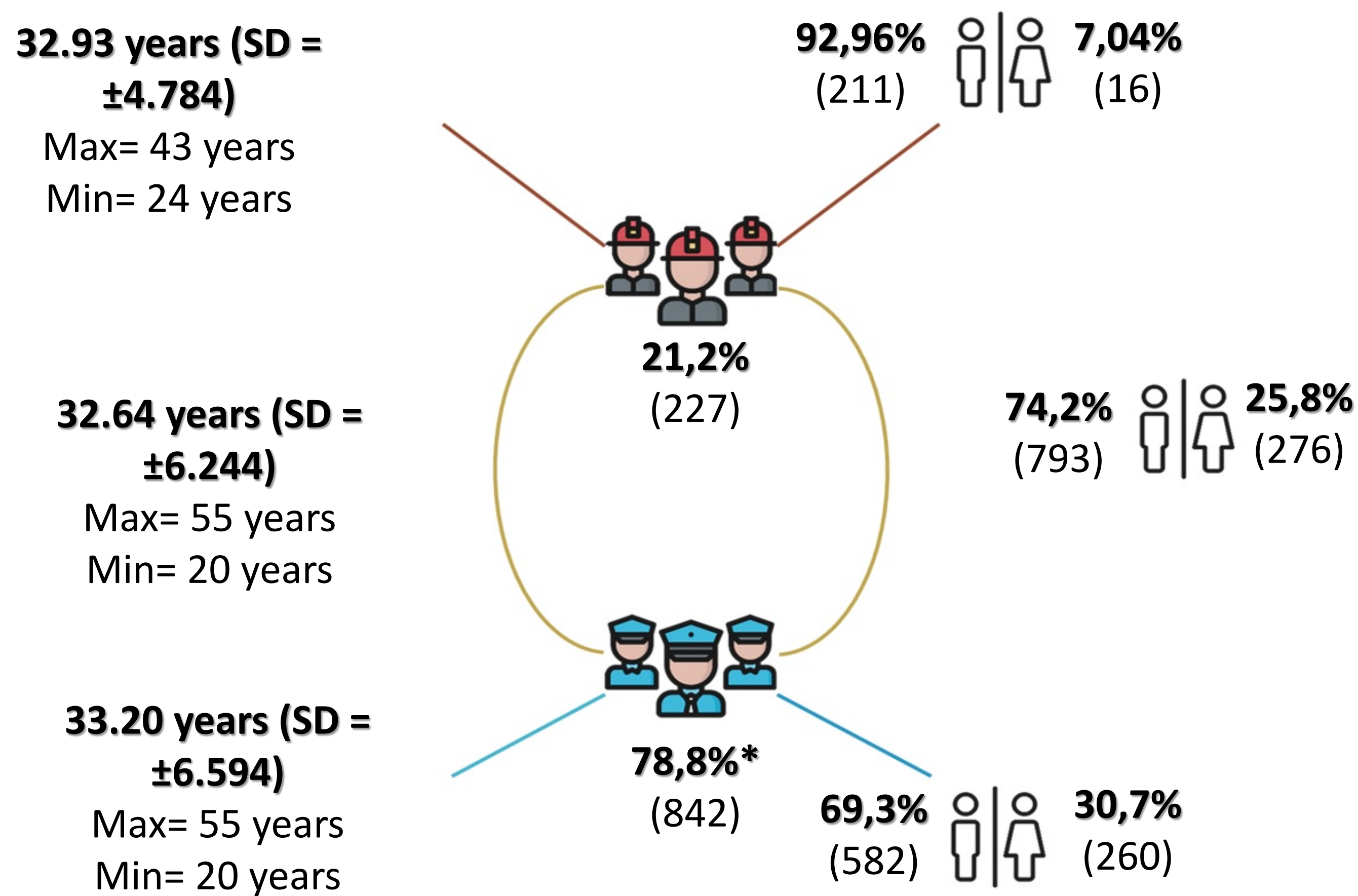
- **Emotional regulation is crucial** in police and firefighting professions, predicting good performance and effective stress management (Berking et al., 2010; Rhys Evans, 2019; Skoglund et al., 2022; Zulkafaly et al., 2017).
- Firefighters and police officers rely on **emotional regulation to cope** with challenges like trauma and stress (Huang et al., 2019; Lee, 2019; Paltell et al., 2019; Smith et al., 2011).
- The **CERQ is a widely used and validated tool**, assessing cognitive emotional regulation in various populations, including fibromyalgia patients and individuals with psychopathological disorders (Garnefski et al., 2002; Reche, 2019; Potthoff et al., 2016; Navarro-Loli, 2020; Domínguez y Medrano, 2016).

AIM & RATIONALE

- Emotional stability is considered by teams of firefighters and police trainers as one of the main predictive factors of success for cadets.
- A reliable and validated tool would enhance accurate evaluation and improve recruitment effectiveness.

METHODS

SAMPLE DESCRIPTION



*The sample of police cadets consisted of both Mossos d'Esquadra (Catalan police) and local police officers.

- Police and firefighters cadets were **invited to participate voluntarily**
- Data were collected **anonymously and voluntarily**, and were handled with strict confidentiality.
- The **1069 subjects responded to the CERQ through the virtual platform**, based on the Moodle 4.0 platform that allows the registration of surveys (Ros Martínez de la Hidalga, 2008).
- Two administrations were conducted, one at the beginning of the academic year and one at the end (within a 6 to 9-month interval). **842 out of 1069 participants responded to the second administration**

RESULTS

Exploratory Factor Analysis (EFA)

- An EFA was conducted on our model to evaluate its performance with the data.
- The 9 factors and 2 superfactors from Grafneski's model were retained, except for item 19, which has been reassigned to the self-blame to planning factor.
- Four items (6, 8, 20, and 27) were excluded due to their low factor weights (less than 0.5; Capdevila, 2004).
- Cronbach's alpha of $\alpha = .724$

	FIREFIGHTERS CADETS		POLICE CADETS		SECURITY CADETS	
	% of variance	% cumulative variance	% of variance	% cumulative variance	% of variance	% cumulative variance
Positive Refocusing	15,618	15,618	9,330	26,871	9,257	26,459
Refocus on planning	9,849	25,467	17,541	17,541	17,202	17,202
Rumination	9,079	34,545	5,208	39,096	5,199	38,938
Putting into perspective	5,781	40,326	5,087	44,183	4,959	43,896
Positive reappraisal	5,478	45,804	7,017	33,888	7,280	33,738
Blaming others	5,149	50,953	4,572	48,754	4,503	48,399
Acceptance	4,637	55,590	4,093	52,848	4,176	52,575
Self-blame	4,308	59,898	3,717	56,565	3,683	56,258
Catastrophising	3,645	63,542	3,366	59,930	3,396	59,654

TEST-RETEST

	r	significance
Self-blame	0,525	P>0,01
Acceptance	0,681	P>0,01
Rumination	0,683	P>0,01
Positive Focusing	0,667	P>0,01
Refocus on planning	0,643	P>0,01
Positive reappraisal	0,692	P>0,01
Putting into perspective	0,678	P>0,01
Catastrophising	0,577	P>0,01
Blaming Other	0,606	P>0,01
TOTAL CERQ	0,625	P>0,01

CONCLUSIONS

- The CERQ shows **good psychometric indices** in a sample of security cadets.
- The **factorial structure** resulting from this assessment allows **evaluating emotional regulation** in the sample.
- **Reliable and internally consistent** results are obtained based on Cronbach's alpha and Test-Retest analysis.
- The CERQ can aid in the **selection and training** of police and firefighter cadets.
- Firefighter cadets focus on **pleasant thoughts** for emotional regulation, while police cadets **anticipate possible action steps** for managing emotionally arousing events.

For more information scan this QR code:

