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Running head: ER AND OCS IN CHILDREN

Emotion Regulation and Obsessive-Compulsive Phenomena in Youth

Noah Chase Berman^{1,2*}, Ashley M. Shaw³, Erin E. Curley⁴, Sabine Wilhelm¹

¹Massachusetts General Hospital/Harvard Medical School, Psychiatry Department, 185 Cambridge Street, Suite 2000, Boston, MA, 02114

²College of the Holy Cross, Psychology Department, 1 College St., Beaven 331, PO Box 26A, Worchester, MA 01610

³University of Miami, Psychology Department, 5565 Ponce de Leon Blvd., Coral Gables, FL 33124

⁴Temple University, Psychology Department, 1701 North 13th Street, Philadelphia, PA 19122-6085

*Corresponding author: Noah Berman, PhD, College of the Holy Cross, 1 College St., Beaven 331, PO Box 26A, Worcester, MA 01610; Email: nberman@holycross.edu; Telephone: (508) 793-2218

Abstract

There is a dearth of research evaluating the relationship between obsessive-compulsive (OC) phenomena and emotion regulation (ER) in youth. The current study bridges this gap by utilizing multiple informants to evaluate the relationship between ER processes (e.g., suppression) and OC features in 27 diagnostically-assessed youth. As predicted, after controlling for children's age and distress, obsessive beliefs (e.g., the importance of/need to control thoughts) and OCS dimensions (e.g., washing) possessed negative associations with adaptive skills (ER) and positive

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