

A. Bettis¹, T. Burke², J. Nesi³, R. Liu²

Emotion regulation processes in adolescents following psychiatric hospitalization

¹Department of Psychiatry and Behavioral Sciences, VUMC

²Massachusetts General Hospital, Harvard Medical School

³Rhode Island Hospital, Brown Medical School

Objective: Teens are at elevated risk for suicide in the period following discharge from intensive hospital services. The ability to flexibly regulate emotional responses to stress is potentially an important protective factor during periods of risk, yet no studies have directly examined the role of flexible emotion regulation (ER) during clinical transition periods. **Methods:** N=31 teens (M_{age}=15.54, SD=1.43) admitted to a psychiatric inpatient unit completed baseline surveys assessing ER flexibility, emotion reactivity, and current suicidal ideation and suicide attempt history. Following discharge, teens completed a 14-day ecological momentary assessment protocol assessing stress, ER strategy use, affect, and SI. **Preliminary results:** Teens reported elevated SI at admission (M=32.87; SD=19.42). At baseline, SI was positively correlated with reduced context sensitivity ($r=.33$), but not with ER repertoire or ability to modify skill use. ER repertoire ($r=-.55$) and context sensitivity ($r=-.38$) were correlated with reduced emotional reactivity. **EMA results to be conducted:** We will calculate within and between subject variability in ER strategy use following hospitalization to characterize teen ER flexibility. **Discussion:** This study represents the first test of the role of flexible ER in teen suicide risk during a clinical transition. Data will inform clinical intervention during the transition out of intensive services.

Acknowledgments: Dr. Bettis received funding from the American Psychological Foundation and NIMH (K23MH122737) to support this project. Dr. Burke is funded by NIMH (K23MH126168). Dr. Nesi is funded by NIMH (K23MH122669). Dr. Liu is supported by NIMH (R01MH115905; R01MH120830).