



Emotional Dysregulation: A Transdiagnostic Target

Difficulty managing emotional responses is not tied to a single diagnosis.

What it looks like

Emotions that feel too intense, last too long, or are difficult to regulate

Reduced awareness of one's own emotional states

Avoidance or suppression: short-term relief, longer-term distress

Why it cuts across diagnoses

Seen across ADHD, autism, anxiety and mood difficulties

Contributes to both internalising and externalising presentations

Also linked to self-injurious thoughts and behaviours

Co-occurring needs are common

What the evidence suggests

- Cognitive behavioural and dialectical behavioural approaches
 - Approaches targeting physiological regulation, such as HRV biofeedback
 - Mindfulness-based approaches, especially alongside psychotherapy
 - Interventions involving caregivers and family systems

Improvements in emotion regulation tend to accompany wider improvements in young people's mental health. What remains unclear is which approach works best for whom, which is why individualised assessment matters.



[Join Dr. Alessio Bellato for a two-part short course on assessing emotion \(dys\)regulation and tailoring support.](#)

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