Resumo

Esta investigação analisou as relações entre o vocabulário emocional utilizado em uma tarefa de escrita, as dificuldades de regulação emocional e o tempo de psicoterapia em adultos brasileiros. Participaram 33 adultos em processo psicoterapêutico, dos quais 30 forneceram informações válidas sobre o tempo de psicoterapia. Os participantes realizaram uma tarefa de escrita de dez minutos sobre uma situação relacional difícil e responderam à Escala de Dificuldades em Regulação Emocional de 36 itens (DERS-36). Os textos foram processados pelo HandSpy e submetidos à revisão contextual por dois avaliadores. As ocorrências que não apresentaram correspondência adequada nas categorias da ferramenta foram comparadas com a sistematização de Brown (2021). As associações foram examinadas por meio da correlação de Spearman. Maior tempo de psicoterapia esteve associado a maior consciência emocional e menor dificuldade em manter comportamentos orientados a objetivos quando os participantes estavam emocionalmente perturbados. O maior número de ocorrências negativas esteve associado a maiores dificuldades gerais de regulação emocional, de aceitação das respostas emocionais e de acesso a estratégias. Das 635 ocorrências emocionais analisadas, 538 foram classificadas pelo HandSpy, 91 precisaram do apoio complementar de Brown e seis não encontraram correspondência adequada nos referenciais utilizados. Os resultados sugerem que reconhecer e expressar emoções não significa, necessariamente, aceitá-las ou saber regulá-las. Também evidenciam a necessidade de ampliar as categorias do HandSpy para contemplar com maior precisão o vocabulário emocional utilizado no português do Brasil.

Palavras-chave: escrita expressiva; vocabulário emocional; regulação emocional; HandSpy; psicoterapia.

Abstract

This study examined the relationship between the emotional vocabulary used in a writing task, difficulties in emotion regulation, and duration of psychotherapy among Brazilian adults. The study included 33 adults undergoing psychotherapy, 30 of which provided valid information about treatment duration. Participants completed a ten-minute writing task about a difficult relational situation and responded to the 36-item Difficulties in Emotion Regulation Scale (DERS-36). The texts were initially processed using HandSpy and then reviewed in context by two raters. Occurrences that were not adequately covered by the tool's categories were compared with Brown's (2021) framework. Associations were examined using Spearman's rank correlation. Longer duration of psychotherapy was associated with greater emotional awareness and less difficulty maintaining goal-directed behavior when participants were emotionally distressed. A higher number of negative occurrences was associated with greater overall difficulties in emotion regulation, greater nonacceptance of emotional responses, and more limited access to regulation strategies. Of the 635 emotional occurrences analyzed, 538 were classified by HandSpy, 91 required complementary classification based on Brown, and six could not be adequately classified using either reference. The findings suggest that recognizing and expressing emotions does not necessarily mean accepting them or knowing how to regulate them. They also indicate the need to expand HandSpy's categories to represent more accurately the emotional vocabulary used in Brazilian Portuguese.

Keywords: expressive writing, emotional vocabulary, emotion regulation, HandSpy, psychotherapy

Résumé

Cette étude a examiné les relations entre le vocabulaire émotionnel utilisé dans une tâche d'écriture, les difficultés de régulation émotionnelle et la durée de la psychothérapie chez des adultes brésiliens. Elle a inclus 33 adultes en psychothérapie, dont 30 ont fourni des informations valides sur la durée du traitement. Les participants ont réalisé une tâche d'écriture de dix minutes sur une situation relationnelle difficile, puis ont répondu à l'Échelle des difficultés de régulation émotionnelle à 36 items (DERS-36). Les textes ont été traités par HandSpy et examinés en contexte par deux évaluatrices. Les occurrences non couvertes par l'outil ont été comparées à la classification de Brown (2021). Les associations ont été examinées par corrélation de Spearman. Une durée plus longue de psychothérapie était associée à une meilleure conscience émotionnelle et à une moindre difficulté à maintenir des comportements orientés vers un objectif en situation de perturbation émotionnelle. Un nombre plus élevé d'occurrences négatives était associé à de plus grandes difficultés générales de régulation émotionnelle, à une moindre acceptation des réponses émotionnelles et à un accès plus limité aux stratégies. Parmi les 635 occurrences émotionnelles, 538 ont été classées par HandSpy, 91 ont nécessité une classification complémentaire fondée sur Brown et six n'ont pu être classées de manière adéquate. Les résultats suggèrent que reconnaître et exprimer ses émotions ne signifie pas nécessairement les accepter ou savoir les réguler. Ils indiquent également la nécessité d'élargir les catégories de HandSpy afin de mieux représenter le vocabulaire émotionnel du portugais du Brésil.

Mots-clés: écriture expressive, vocabulaire émotionnel, régulation émotionnelle, HandSpy, psychothérapie