

**Bell Lysaker Emotion Recognition Test: a Contribution for the Italian Validation**

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**INTRODUCTION:** Emotion recognition deficits in psychopathology have been extensively studied with a variety of measures. The Bell Lysaker Emotion Recognition Test (BLERT; Bell et al., 1997) is an effective method to assess emotion recognition by presenting affect stimuli which may have greater verisimilitude with real life events. Indeed, BLERT combines facial expressions with affective information transmitted in prosody or body posture. This method has allowed the study of emotion recognition deficit in psychotic patients, as well as its relationships with other aspects of psychopathology (Vohs et al., 2014).

**OBJECTIVES:** We aimed at testing the validity and reliability of an Italian version of the BLERT.

**AIMS:** First, a group-comparison was carried out between clinical and nonclinical participants. Then, correlations among BLERT scores and other indices of psychological functioning were explored.

**METHODS:** We recruited 12 inpatients with psychotic disorders (mean age= 54.75; 58.3% female) and 45 nonclinical participants (mean age= 24.04; 75.6% female). We administered the BLERT (Bell et al., 1997), along with the following measures: Empathy Quotient (Lawrence et al., 2004), Interpersonal Reactivity Index (Davis, 1980), Difficulties in Emotion Regulation Scale (Gratz & Roemer, 2004), and the Inventory of Interpersonal Problems-47 (Pilkonis et al., 1996).

**RESULTS:** Clinical participants resulted impaired in all indices of the BLERT. Further, the construct validity of the BLERT was confirmed by associations with measures of empathy, emotion dysregulation, and interpersonal problems.

**CONCLUSIONS:** The use of the Italian version of the BLERT seemed promising for the study of emotion recognition in both clinical and nonclinical samples.