This study aimed to investigate the relations between CERQ and depression, and anxiety, and also aimed to reveal the characteristics of a Japanese sample through meta-analysis. The results showed that self-blame, acceptance, rumination, catastrophizing, and blaming others had significantly positive correlations with both depression and anxiety, whereas positive refocusing, refocus on planning, positive reappraisal, and putting into perspective had significantly negative correlations with both variables. Moreover, when comparing the correlation coefficients of the Japanese samples and the combined value, correlations between depression and positive reappraisal were significantly larger than the combined value. On the other hand, regarding the correlation coefficients of depression and putting into perspective, the combined value was larger than the value of Japanese samples. In addition, compared to the combined value, the Japanese sample’s positive correlation between anxiety and rumination, and negative correlation between anxiety and positive reappraisal were larger.

**Keywords:** Cognitive Emotion Regulation Questionnaire (CERQ), depression, anxiety, meta-analysis.

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