

CPA  SCP

OTTAWA  
2024

# HOW DOES EMOTIONAL INTELLIGENCE BUFFER THE RELATIONSHIPS BETWEEN SOCIAL MEDIA ADDICTION AND SYMPTOMS OF EATING DISORDERS? CROSS VALIDATION OF TWO MODERATED MEDIATION MODELS

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# Background

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## 1.- Factors influencing eating disorders (ED) symptomatology:

- Social media addiction
- Thin ideal internalization
- Body appreciation (body dissatisfaction)
- Emotional intelligence (EI)

# Background

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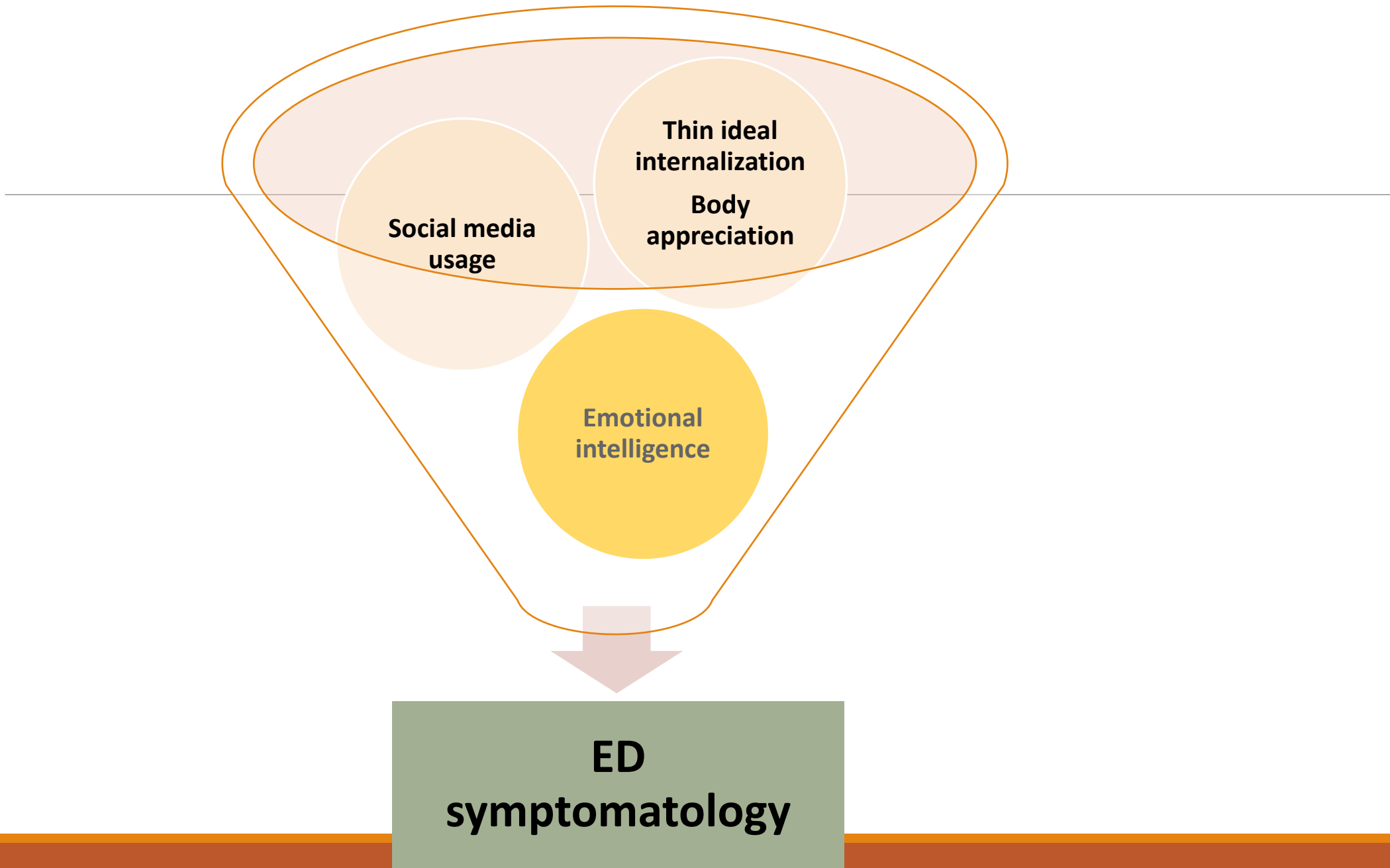
No prior studies have tested the potential moderator role of emotional intelligence (EI) in the links between thin ideal internalization and ED symptoms, and reduced body appreciation and ED symptoms.

Objective:

Bridge this gap by testing two moderated mediation models explaining ED symptomatology.

Hypotheses:

EI would buffer the effect of social media addiction on ED symptoms through thin ideal internalization and body appreciation.



**Social media  
usage**

**Thin ideal  
internalization**  
**Body  
appreciation**

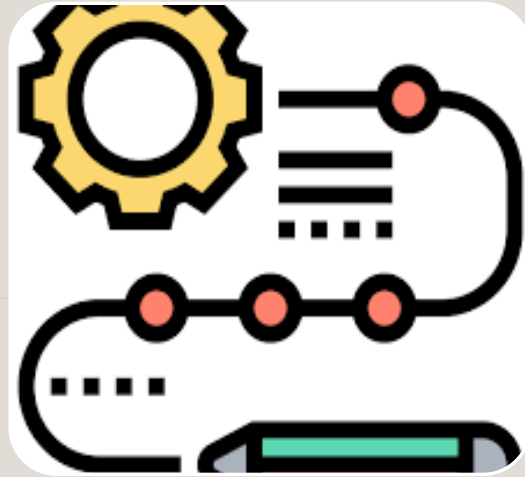
**Emotional  
intelligence**

**ED  
symptomatology**



#### Participants:

- 407 adults (19-73,  $M = 33.8$ ;  $sd: 14.8$ ).
- 66.1% women.
- Graduate students and community adults.



#### Procedure:

- Transversal design.
- Online survey.
- Ethical standards.



#### Instruments:

- Wong and Law Emotional Intelligence Scale
- Eating Disorders Examination Questionnaire
- Social Media Addiction Questionnaire
- General Internalization subscale of the Sociocultural Attitudes Towards Appearance Questionnaire
- Body Appreciation Scale-2



#### Analyses:

- Moderated-Mediation (PROCESS) Model 14

# Method

Figure 1. Moderated mediation model for the effect of Social media addiction on ED symptoms via Thin ideal internalization controlling for age and gender as covariates

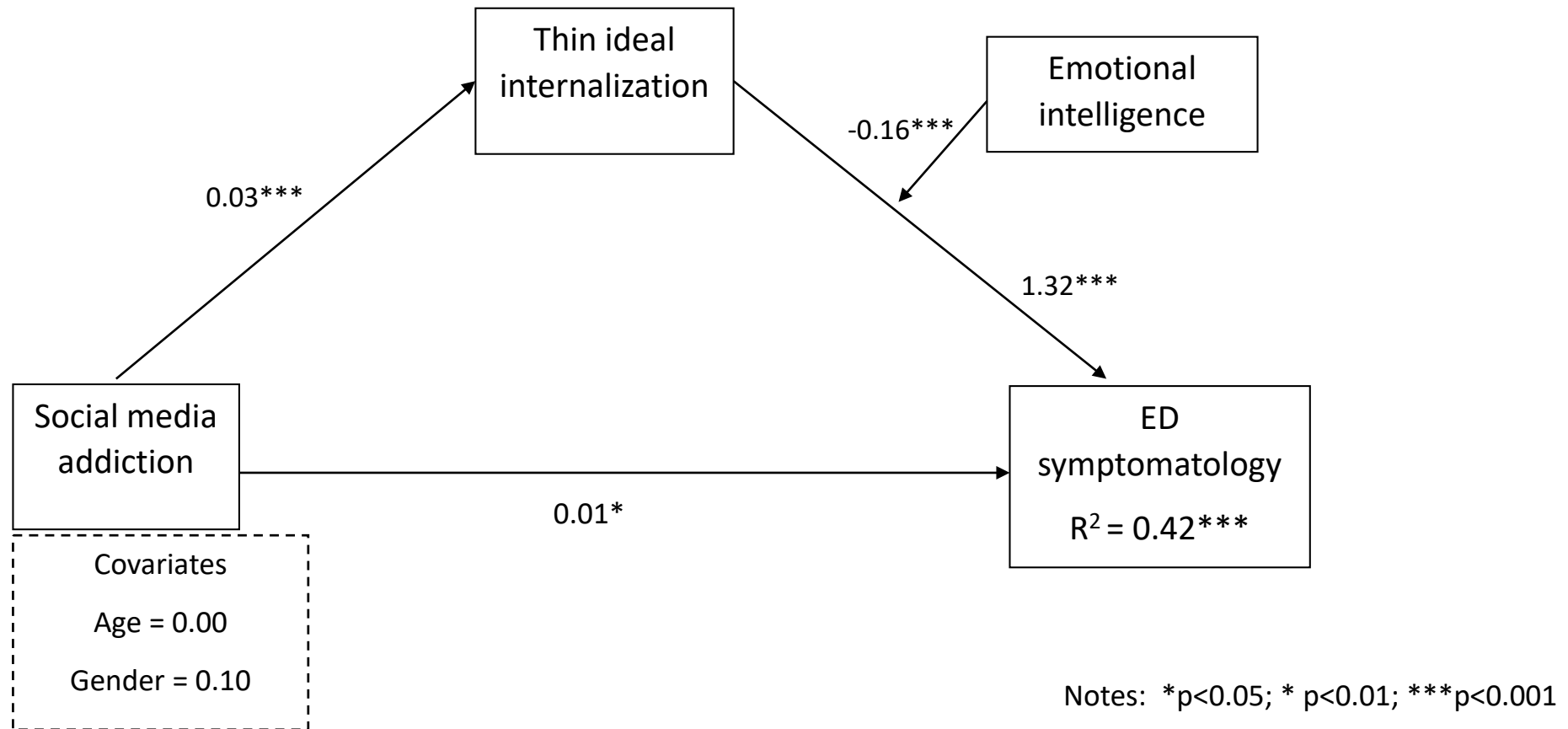


Figure 2. Moderated mediation model for the effect of Social media addiction on ED symptoms via Body appreciation controlling for age and gender as covariates

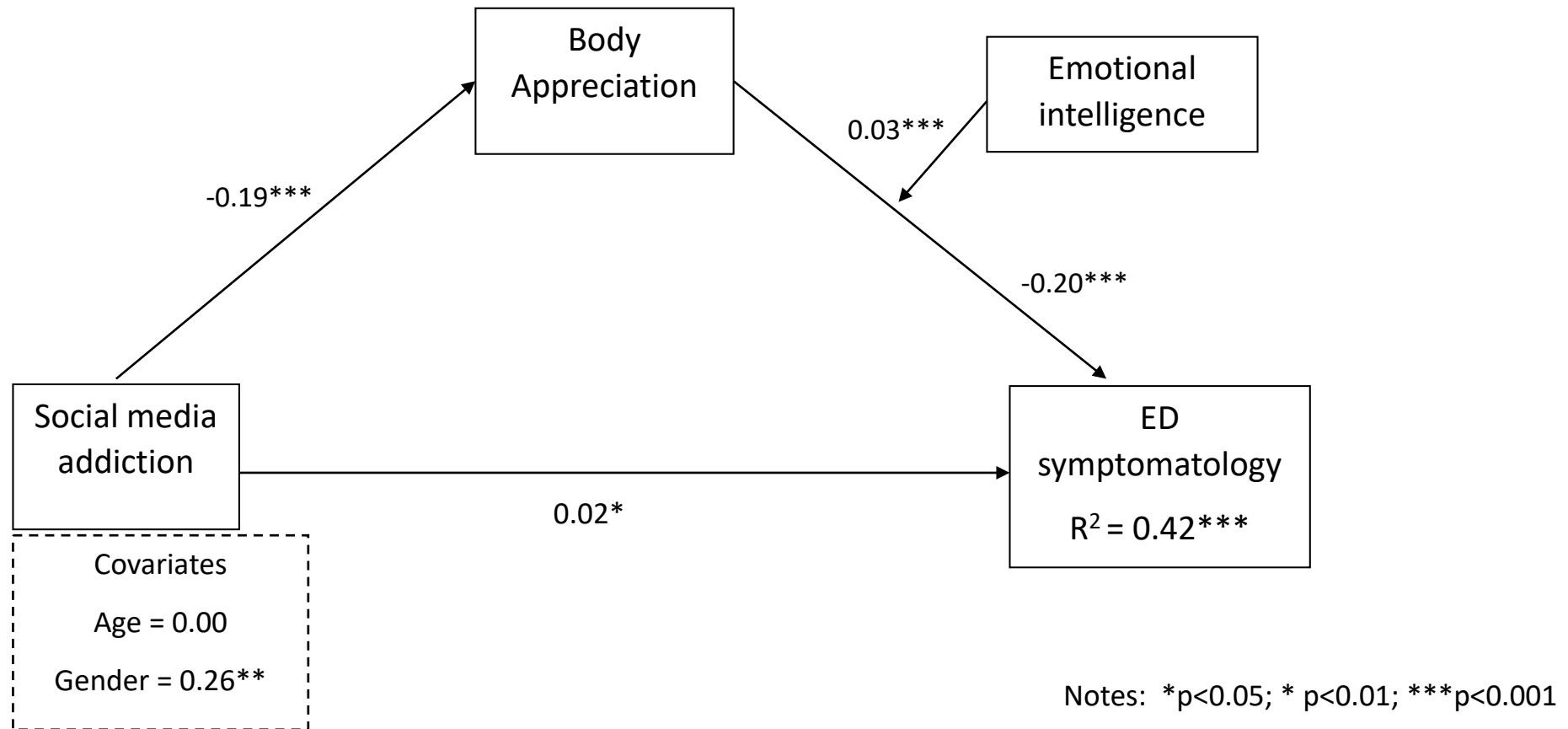


Table 1. Coefficients for the tested moderated mediation model.

	Coeff.	SE	95% C.I.
<b>Thin ideal internalization</b>	$R^2 = 0.19; F(3, 325) = 25.48$		
Constant	1.22***	0.33	0.58 to 1.87
Age	-0.01	0.00	-0.02 to 0.00
Gender	0.33**	0.12	0.10 to 0.56
SMAQ	0.03***	0.01	0.02 to 0.04
<b>Eating disorders symptoms</b>	$R^2 = 0.42; F(6, 325) = 37.81$		
Constant	-1.34	0.78	-2.88 to 0.19
Age	0.00	0.00	0.00 to 0.01
Gender	0.10	0.11	-0.12 to 0.32
SMAQ	0.01*	0.01	0.00 to 0.02
Thin ideal internalization	1.32***	0.27	0.79 to 1.86
Emotional intelligence (EI)	0.12	0.14	-0.15 to 0.39
Thin ideal internalization x EI	-0.16**	0.05	-0.26 to -0.05

Table 2. Coefficients for the tested moderated mediation model.

	Coeff.	SE	95% C.I.
<b>Body appreciation</b>	R2 = 0.05; F (3, 407) = 6.29		
Constant	39.54***	2.71	34.21 to 44.86
Age	-0.01	0.04	-0.08 to 0.06
Gender	0.21	0.99	-2.16 to 1.74
SMAQ	-0.19***	0.05	-0.28 to -0.09
<b>Eating disorders symptoms</b>	R2 = 0.45; F (6, 407) = 54.88		
Constant	6.77***	0.93	4.94 to 8.61
Age	0.00	0.00	-0.01 to 0.01
Gender	0.26**	0.01	0.06 to 0.45
SMAQ	0.01***	0.01	0.00 to 0.02
Body appreciation	-0.20***	0.03	-0.25 to -0.15
Emotional intelligence (EI)	-0.85***	0.19	-1.21 to -0.48
Body appreciation x EI	0.03***	0.01	0.02 to 0.04

Figure 1. Emotional intelligence and thin ideal internalization in predicting ED symptoms

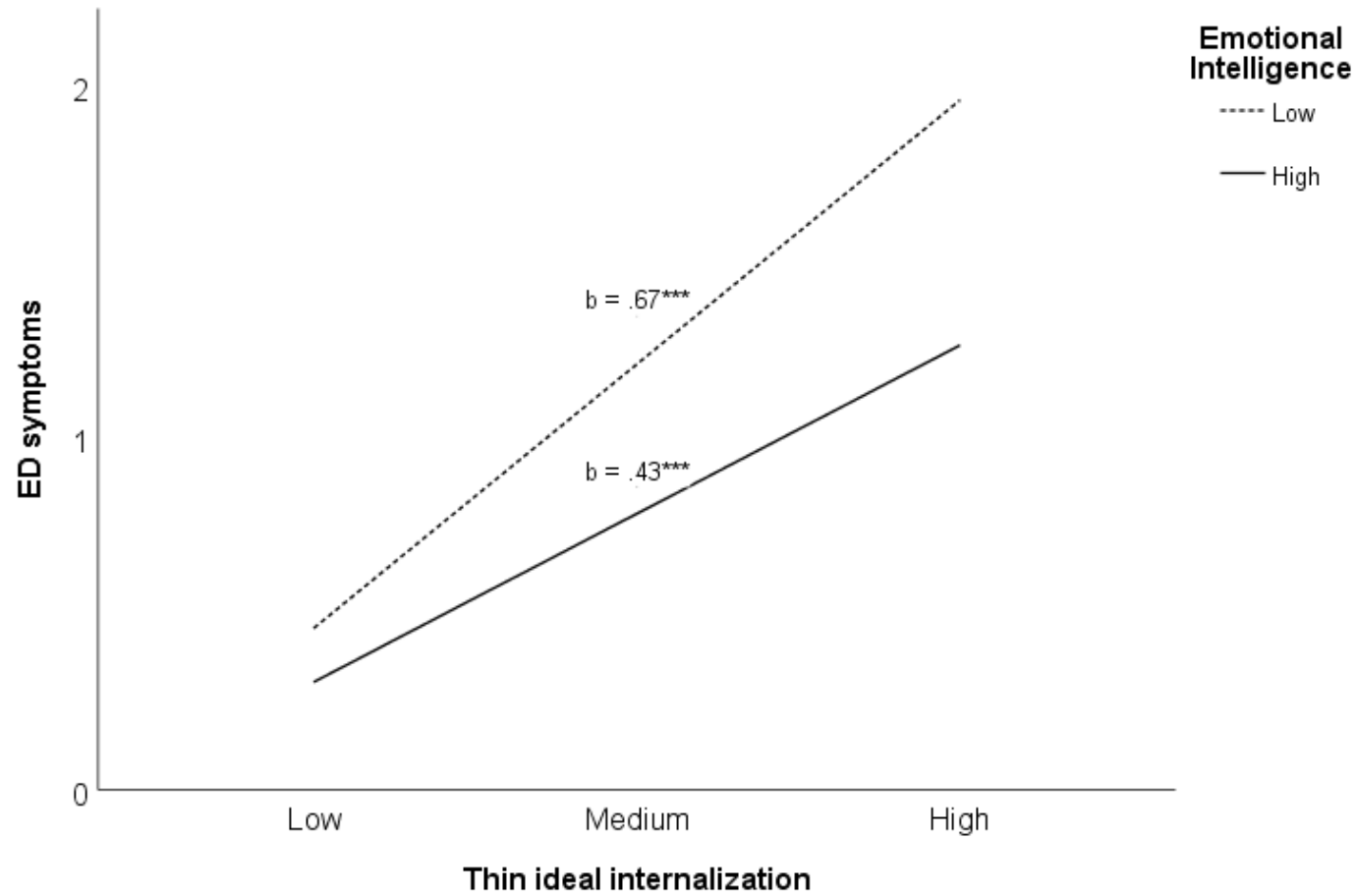
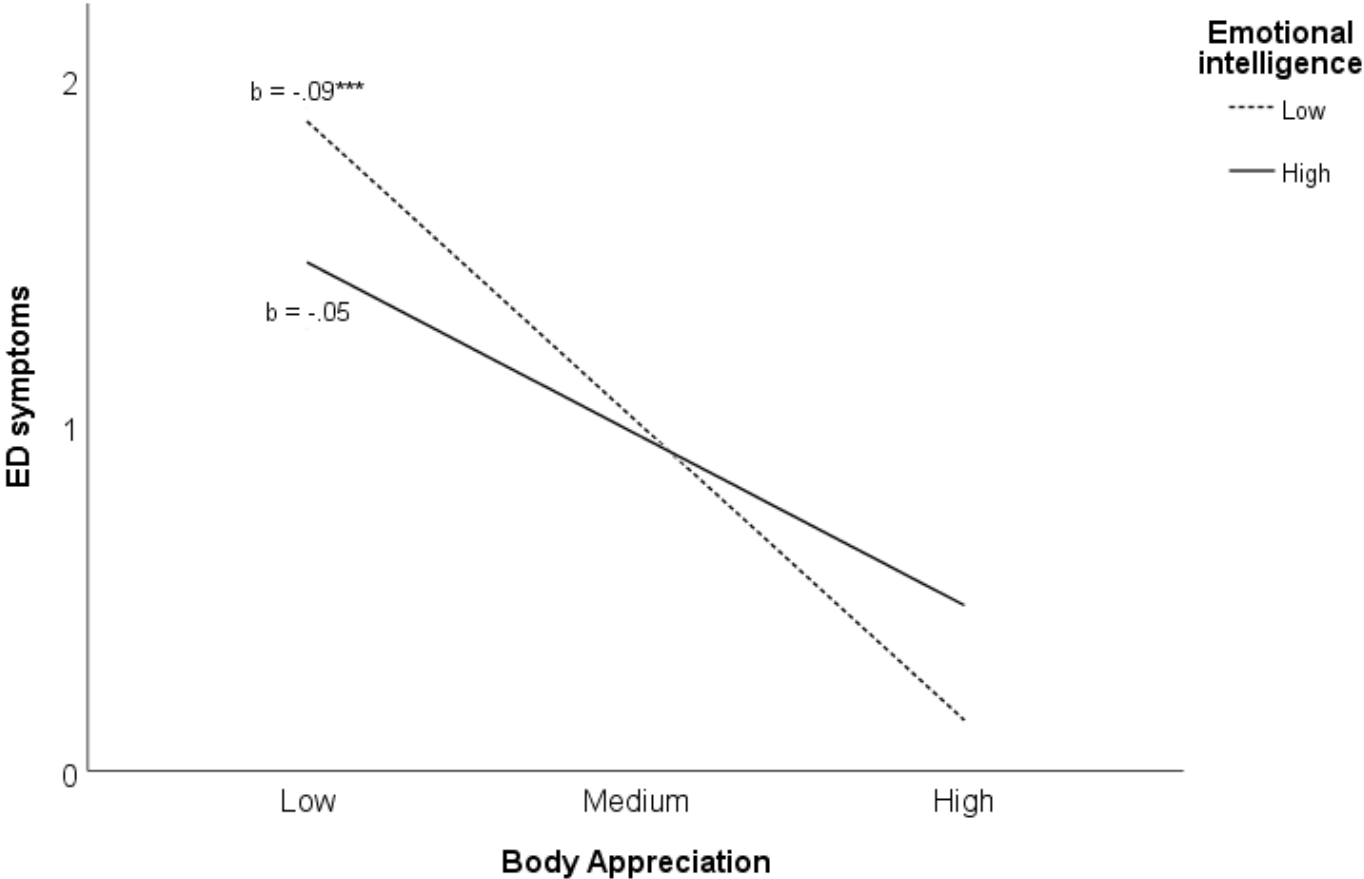


Figure 2. Emotional intelligence and Body appreciation in predicting ED symptoms



# Variables associated to ED symptomatology

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**Gender (girls)**

**Social media addiction**

**Thin ideal internalization**

**Low Body appreciation**

**Low Emotional intelligence  
X  
High Thin ideal internalization**

**Low Emotional intelligence  
X  
Low Body appreciation**

# Practical implications

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Intervention programs:

- Reduce/criticize social media content.
- Potentiate Body appreciation.

Training in socio-emotional skills.



*Thanks!*

**Applied Positive Lab**

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