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OTTAWA
2024

DIRECT AND INDIRECT EFFECTS OF EMOTIONAL INTELLIGENCE ON DEPRESSION AND LIFE SATISFACTION: TWO SEQUENTIAL PATH-ANALYSIS APPROACHES THROUGH PERCEIVED STRESS AND SYMPTOMS OF EATING DISORDERS

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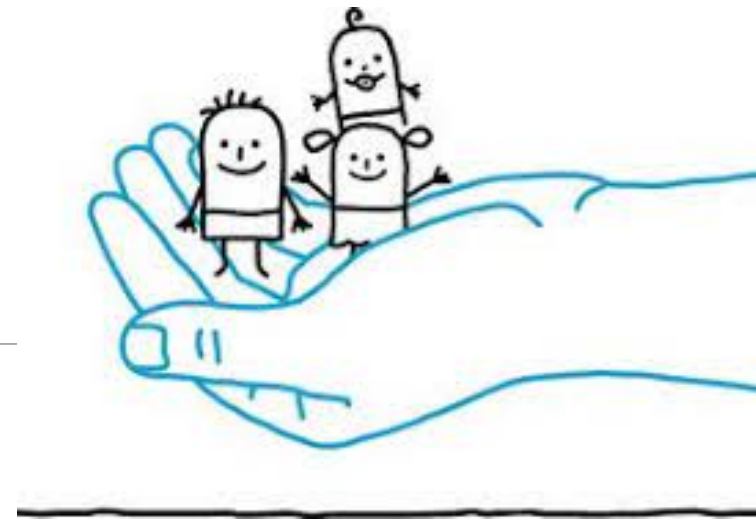
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Background

1.- Factors helping mitigate depressive symptoms and bolstering life satisfaction:

- Low perceived stress
- Absence of Eating Disorders (ED) symptomatology
- Emotional intelligence (EI)

2.- Perceived stress, low EI and ED symptoms ↔ ↑ Depression
↓ Life satisfaction

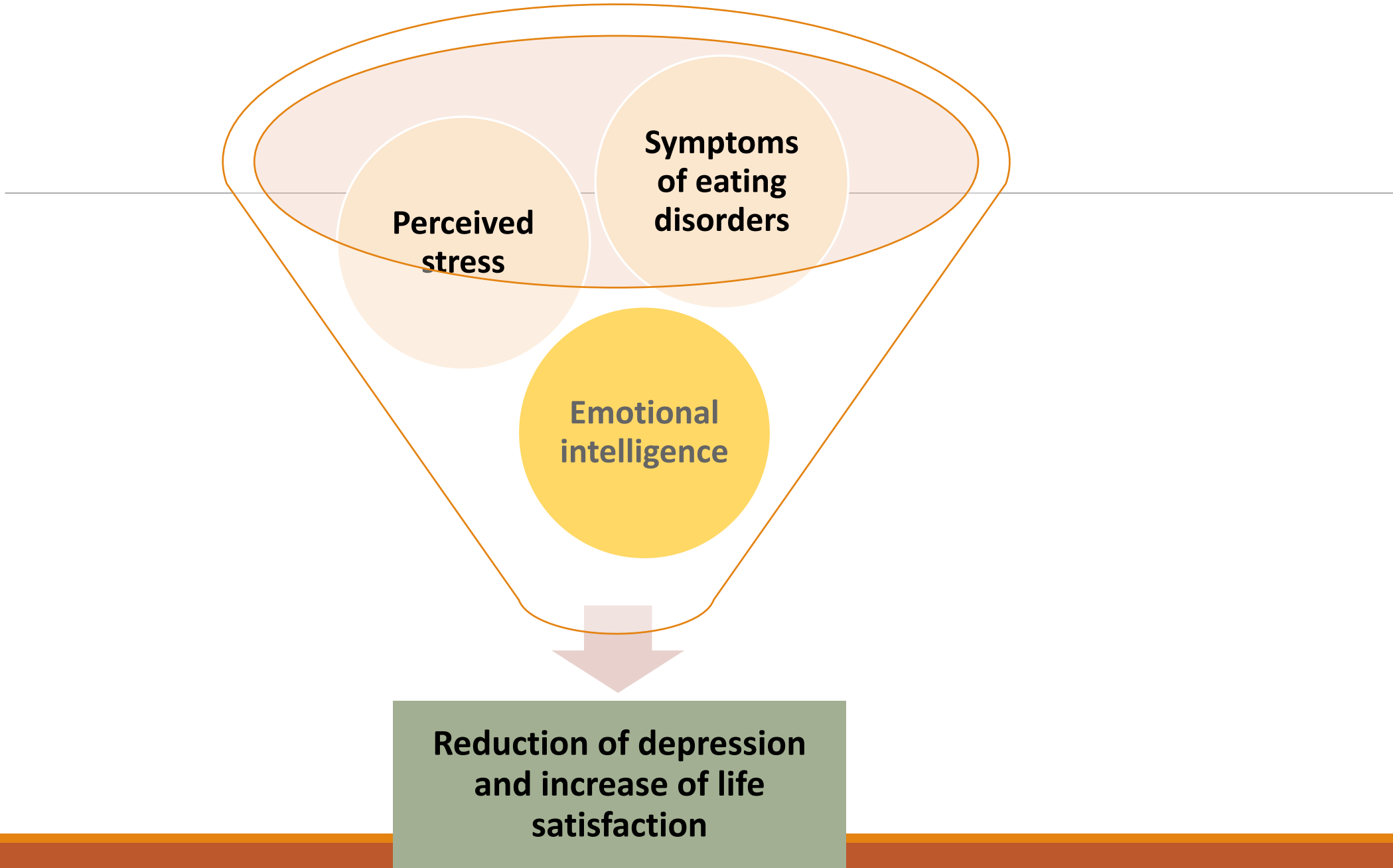


Background

No prior studies have tested the multiple intervening roles of both perceived stress and ED symptoms as potential mediators of the association between EI and depression and life satisfaction.

Objective:

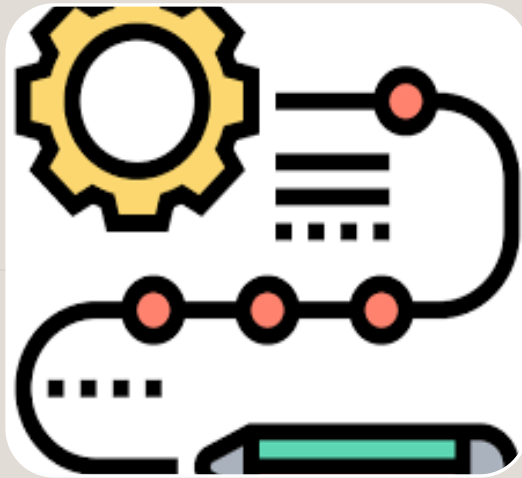
Bridge these gaps by testing the potential sequential mediation effects of perceived stress and ED symptoms on the links: EI - depression and EI - life satisfaction.





Participants:

- 923 adults (18-77, $M = 36.7$; $sd: 15$).
- 67.7% women.
- Graduate students and community adults.



Procedure:

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



Instruments:

- Wong and Law Emotional Intelligence Scale
- Eating Disorders Examination Questionnaire
- Depression, Anxiety and Stress Scale (DASS-21)
- Perceived Stress Scale

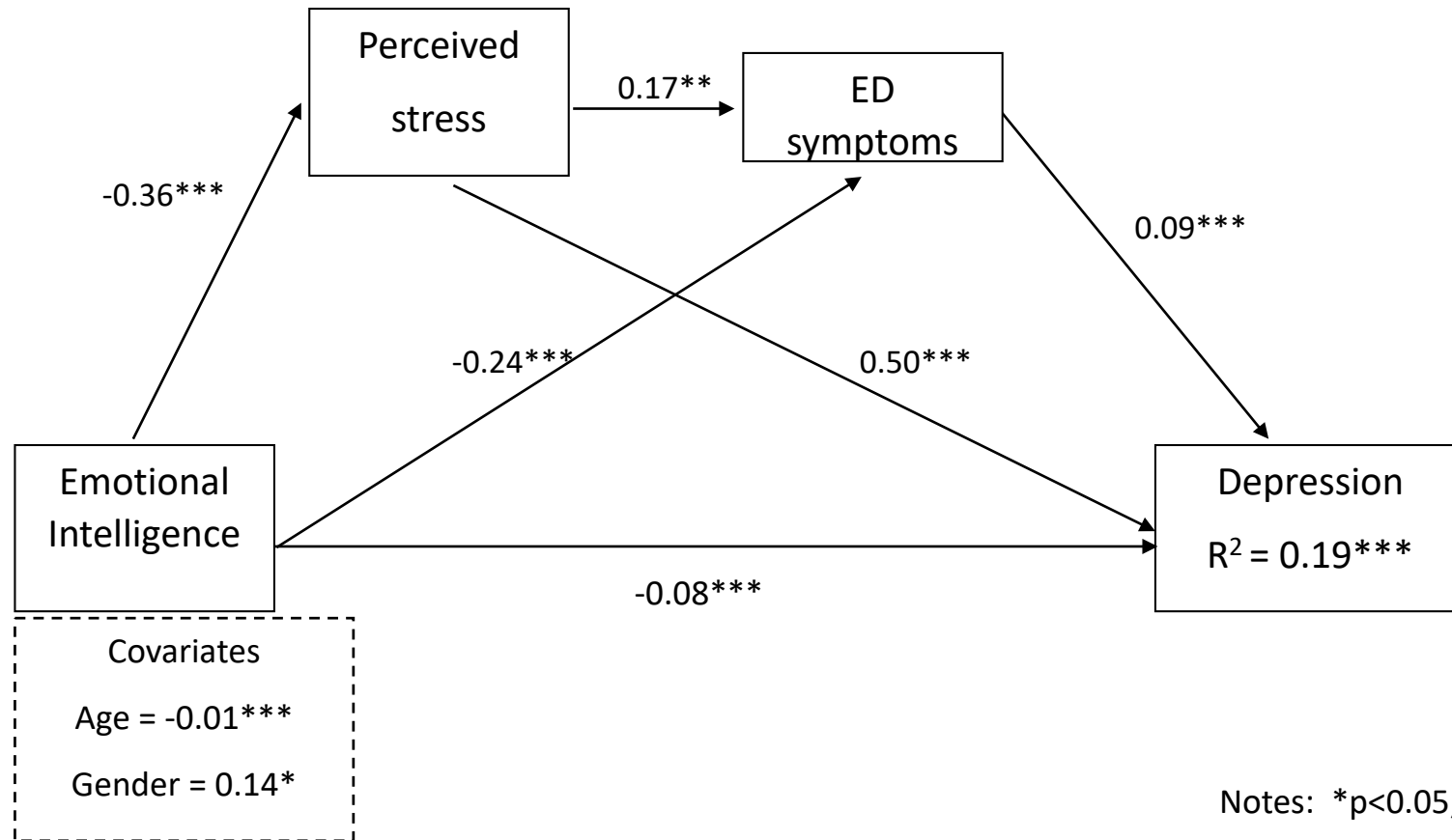


Analyses:

- Mediation (PROCESS), Model 6

Method

Figure 1. Multiple mediation model for the effect of EI on Depression via perceived stress and ED symptoms controlling for age and gender as covariates



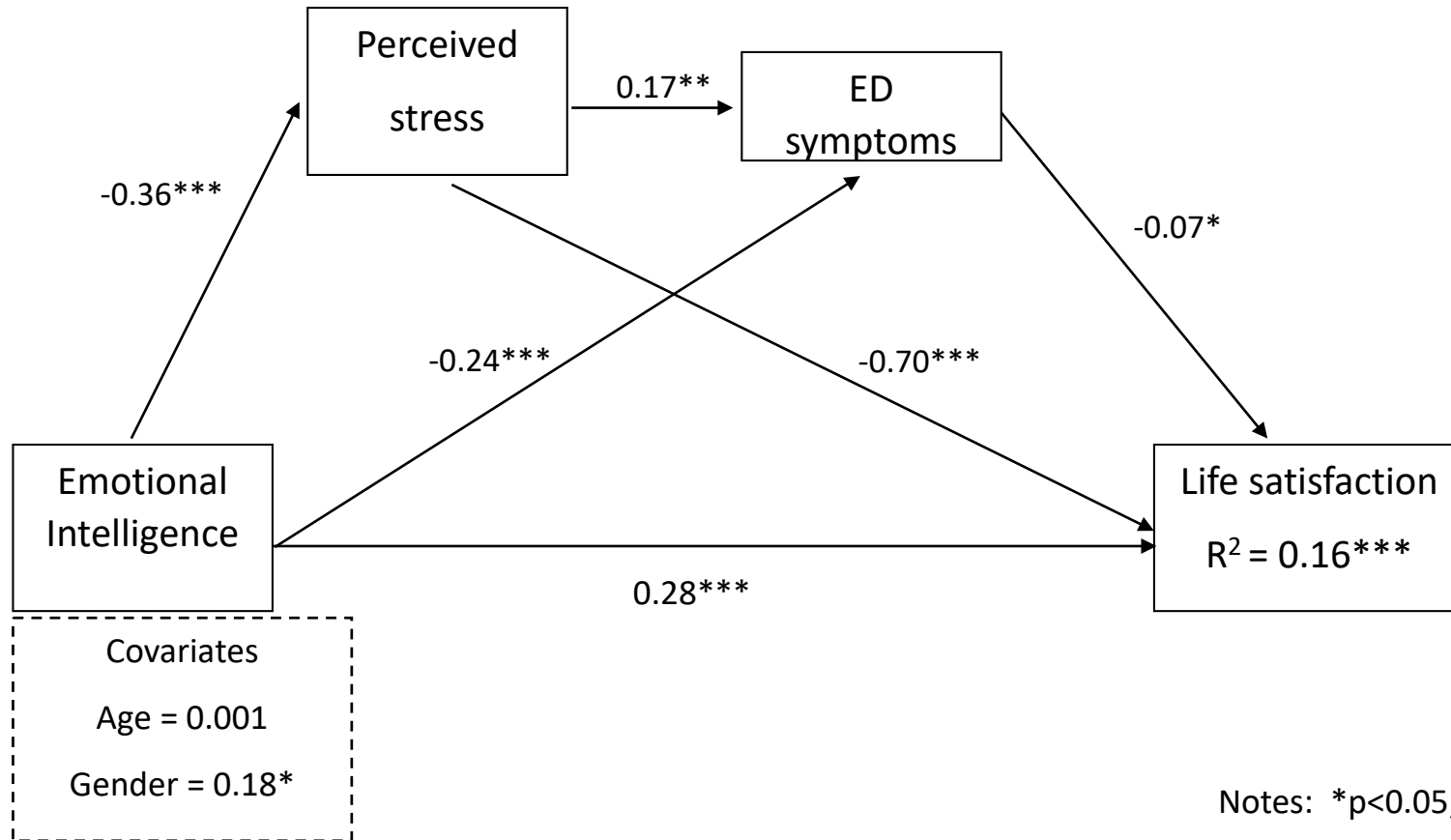
Notes: * $p < 0.05$; * $p < 0.01$; *** $p < 0.001$

Table 1. Mediation analysis path. DV: Depression

	<i>b</i>	95% bias-corrected CI	
		Lower	Upper
Total effect	-.29		
Direct Effect	-.08		
Total Indirect Effect	-.21	-.25	-.17
EI → Perceived stress → Depression	-.18	-.22	-.15
EI → ED symptoms → Depression	-.02	-.04	-.01
EI → Perceived stress → ED symptoms → Depression	-.006	-.011	-.002

Model F (3, 903) = 69.08; $p < 0.001$; R = 0.43; R² = 0.19

Figure 2. Multiple mediation model for the effect of EI on Life Satisfaction via perceived stress and ED symptoms controlling for age and gender as covariates



Notes: * $p < 0.05$; * $p < 0.01$; *** $p < 0.001$

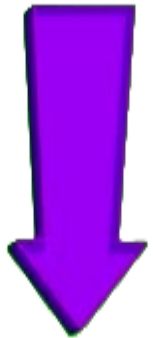
Table 2. Mediation analysis path. DV: Life satisfaction

	<i>b</i>	95% bias-corrected CI	
		Lower	Upper
Total effect	.55		
Direct Effect	.28		
Total Indirect Effect	.28	.22	.34
EI → Perceived stress → Life satisfaction	.25	.20	.31
EI → ED symptoms → Life satisfaction	.02	.002	.04
EI → Perceived stress → Ed symptoms → Life satisfaction	.005	.0005	.012
Model F (3, 903) = 56.95; $p < 0.001$; R = 0.40; R ² = 0.16			

Variables associated to psychological life satisfaction and depression



Emotional intelligence



Perceived stress

ED symptomatology

Practical implications

Intervention programs:

- Reduce perceived stress.
- Reduce ED symptomatology.

Training in socio-emotional skills.



Thanks! **Applied Positive Lab**

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