

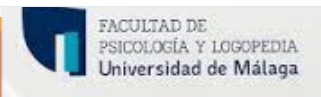
CPA  SCP

**OTTAWA**  
**2024**

# CONTRIBUTION OF FAMILY CLIMATE TO EMOTIONAL INTELLIGENCE IN PROMOTING LIFE SATISFACTION AND PREVENTING SUICIDAL IDEATION AMONG ADOLESCENTS

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Proyecto *PID2020-117006RB-I00* financiado por




Applied Positive Lab

# Background



## Risk factors for vulnerability in mental health in adolescents:

- Brain changes  impulsive behaviors, emotional intensity/instability, high reactivity to social/emotional cues (Bailen et al., 2019; Ballard & Pao, 2022; Casey et al., 2019; Reitsema et al., 2021).
- **Still limited coping strategies** (Ogden & Hagen, 2013; Pozzi et al., 2021)

## High incidence of depression and suicidal ideation among adolescents (Gijzen et al., 2021; Shorey et al., 2022).

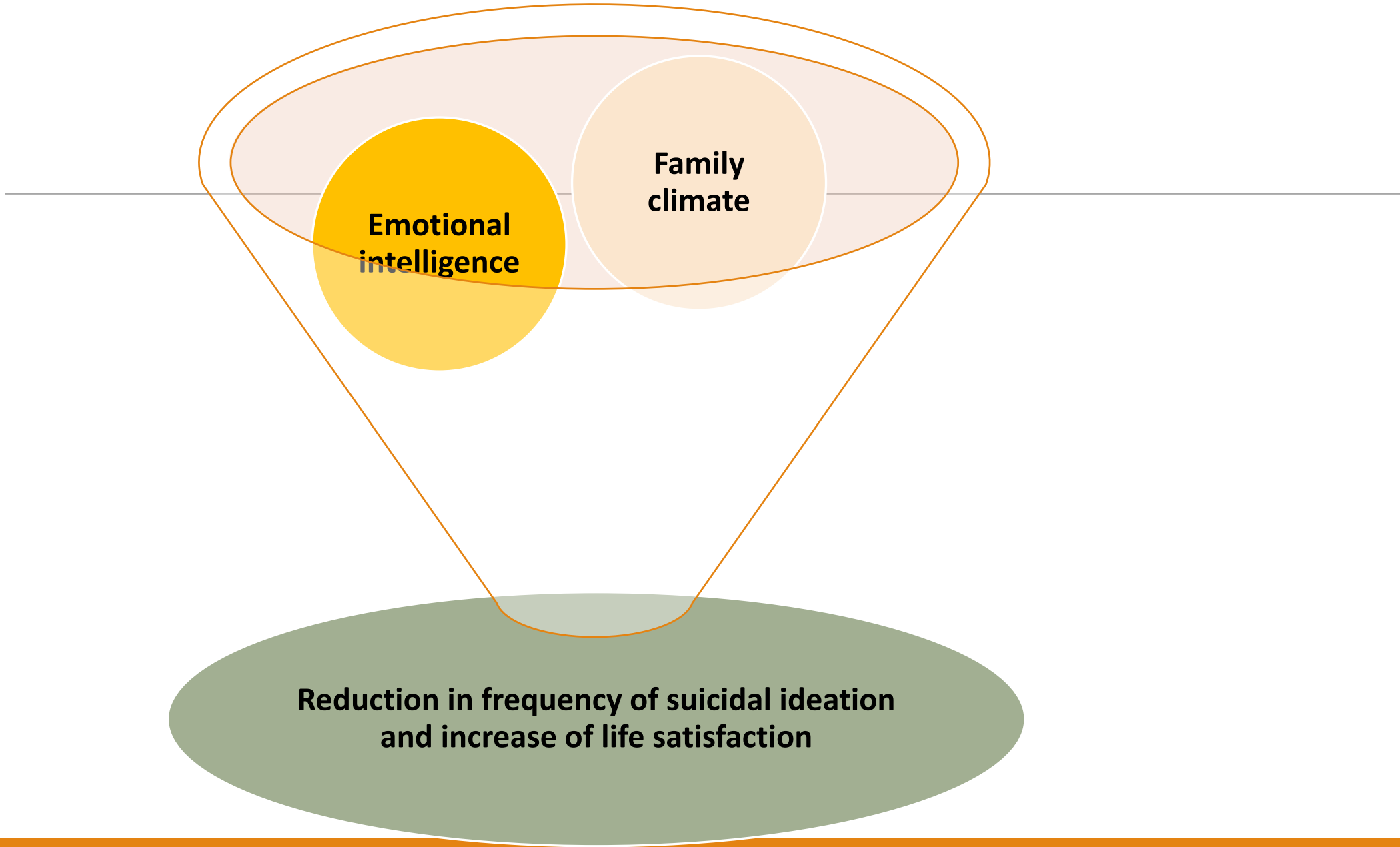
- Suicidal ideation. Loneliness, lack of social connection with the environment, feelings of being a burden (Van Orden et al., 2008)



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## Preventive factors:

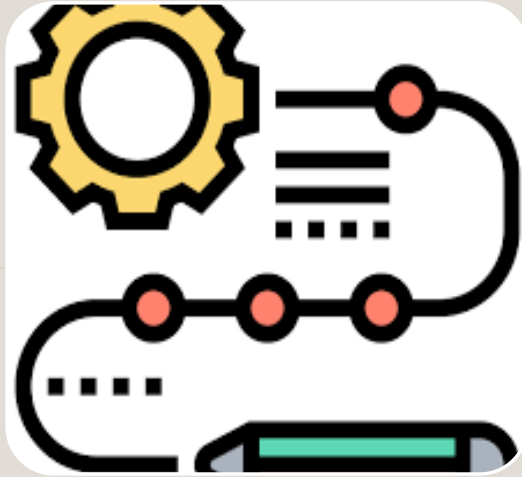
- Family climate
  - High family cohesion (Fosco et al., 2020; Queen et al., 2013; White et al., 2014).
  - Low family conflict (Fosco et al., 2020; Sheeber et al., 2007)
- Emotional intelligence (EI) (Domínguez-García y Fernández-Berrocal, 2018; Extremera et al., 2023; Quintana-Orts et al., 2019).





#### Participants:

- 2722 adolescents (12-18,  $M = 14$ ).
- 53.4% female, 45.2% male, 0,1% trans, 0,4% non binary.
- 1º ESO a 2º Bach.



#### Procedure:

- Transversal design.
- 11 Institutes Málaga
- In-class data collection.
- Ethical standards.



#### Instruments:

- Family Environment Scale (FES) (Fernández-Ballesteros y Sierra, 1989)
- Wong and Law Emotional Intelligence Scale (Extremera et al., 2019)
- Frequency Suicidal Ideation Inventory (FSII) (Sánchez-Álvarez et al., 2020)



#### Analyses:

- SPSS
- Hierarchical Regression
- Moderation

# Method

# Descriptive results and bivariate correlations

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Variables	1	2	3	4	5	6
1. Emotional intelligence						
2. Cohesion	0.20**					
3. Expressiveness	0.14**	0.71**				
4. Conflict	-0.19**	0.01	0.14**			
5. Suicidal ideation	-0.31**	-0.29**	-0.21**	0.22**		
6. Life satisfaction	0.42**	0.31**	0.25**	-0.24**	-0.50**	
Mean	4.64	5.98	4.53	3.10	1.83	4.68
Standard Deviation	1.02	2.89	2.31	2.05	1.02	1.36

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Notas: N = 2722; \*\* p < .01

# Regression Analyses. Suicidal ideation

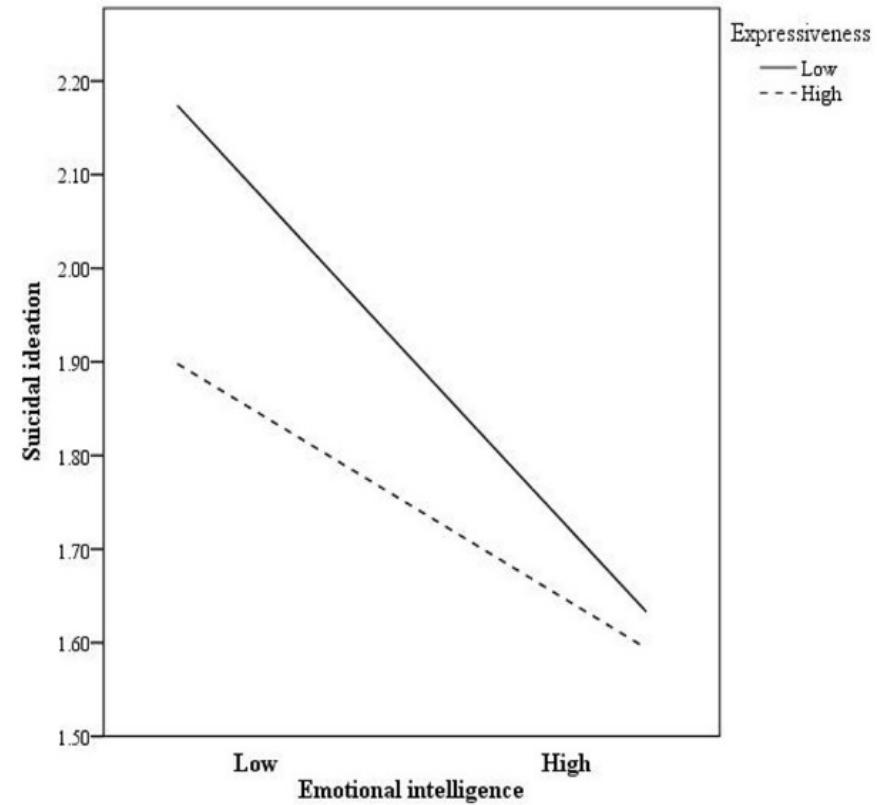
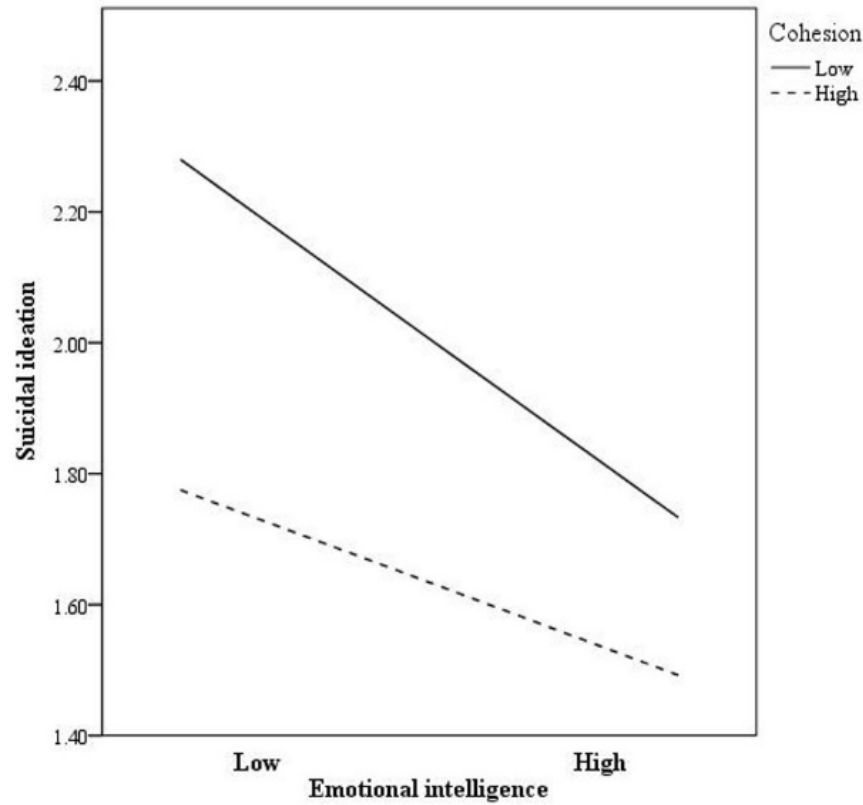
	$R^2$	$\Delta R^2$	$F$	$\beta$	$t$
<i>Suicidal ideation</i>					
<b>Step 1</b>	0.05	0.05***	71.53		
Age				0.02	1.23
Gender				0.19***	11.02
<b>Step 2</b>	0.14	0.09***	141.58		
EI				-0.21***	-11.91
<b>Step 3</b>	0.22	0.08***	126.71		
Cohesion				-0.19***	-7.65
Expressiveness				-0.08***	-3.12
Conflict				0.18***	10.33

Note. \*\*\* $p < .001$

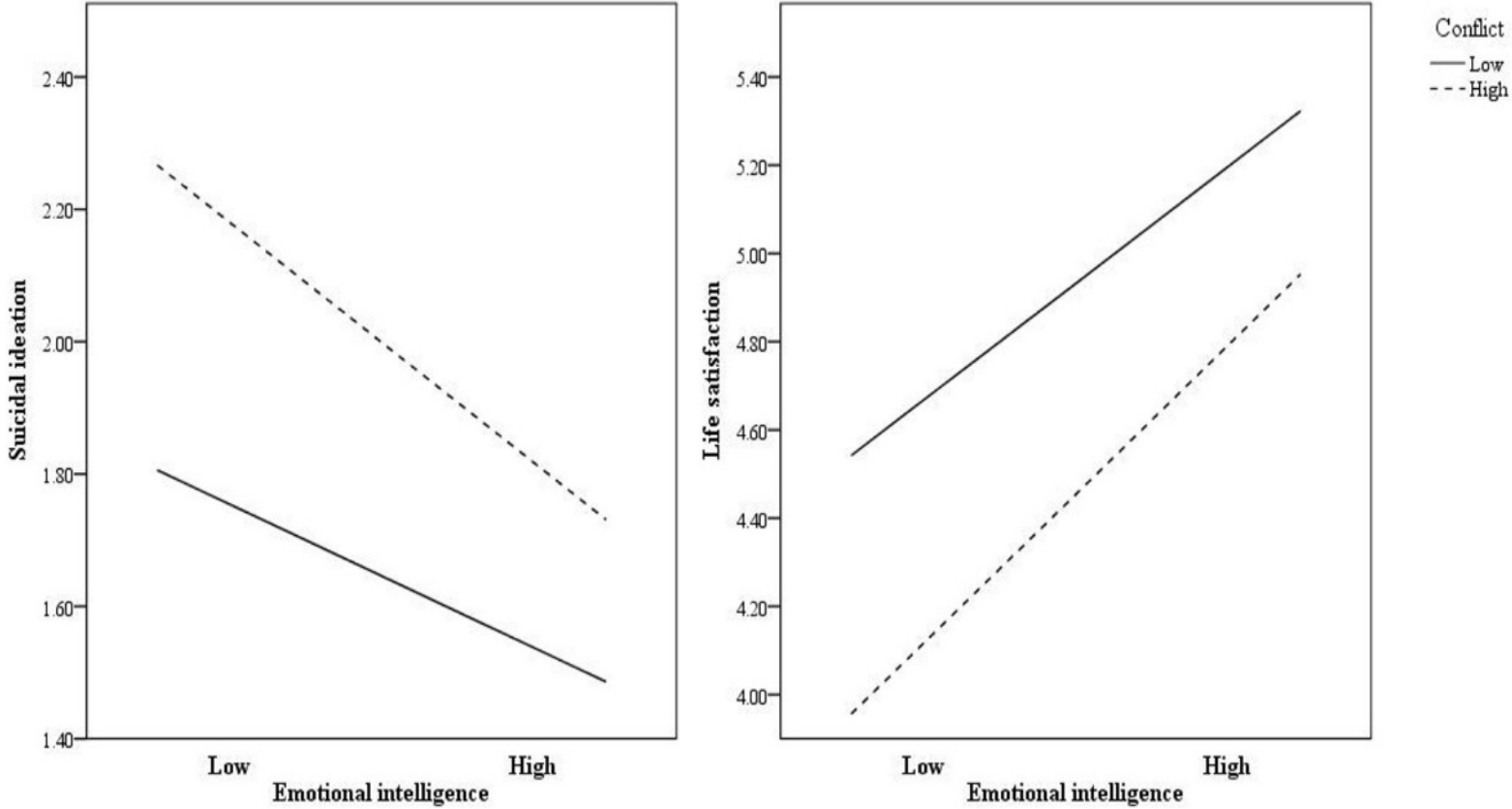
# Regression Analyses. Life satisfaction

	$R^2$	$\Delta R^2$	$F$	$\beta$	$t$
<i>Life satisfaction</i>					
<b>Step 1</b>	0.04	0.04***	60.13		
Age				-0.10***	-6.05
Gender				-0.12***	-7.19
<b>Step 2</b>	0.21	0.17***	236.75		
EI				0.33***	19.34
<b>Step 3</b>	0.29	0.08***	184.74		
Cohesion				0.16***	6.60
Expressiveness				0.12***	4.92
Conflict				-0.18***	-10.82

# Moderation analyses. Family Cohesion and Expressiveness



# Moderating analyses. Family Conflict



# Variables associated to psychological **adjustment** and **maladjustment**

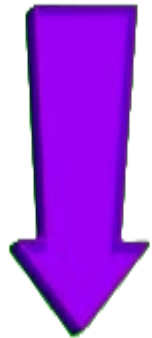
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**Family climate**

**Cohesion**  
**Expressiveness**

**Emotional intelligence**



**Conflict**

**Girls**

# Practical implications

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Intervention in family social climate :

- Promote family cohesion and expressiveness.
- Reduce family conflict.

Training in socio-emotional skills.



*Thanks!*

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