THE CIRCADIAN TYPOLOGY IS RELATED TO DIFFERENCES IN EMOTIONAL INTELLIGENCE

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CIRCADIAN TYPOLOGY

• Also known as morningness-eveningness
  – Morning-type
  – Neither-type
  – Evening-type

• Phase differences from 2-12 hrs

• Differences related to the functioning of the endogenous circadian system

• Related to sex, age and mental health (schizophrenia, bipolar disorder, eating disorders, ADHD, sleep disorders and anxiety)
EMOTIONAL INTELLIGENCE

• «Set of abilities to process emotional information accurately and efficiently, including the ability to perceive, assimilate, understand, and manage emotions in one self as well as in others» (Salovey & Mayer, 1990)

• Self-Assessment scales vs Ability measures

• Emotional attention

• Emotional clarity

• Emotional repair

• Interrelations between dimensions

• Related to sex and mental health
OBJECTIVE

• Explore, for the first time, the possible relationship between circadian typology and the three dimensions of emotional intelligence in healthy adults
Method

• Subjects
  – 1011 healthy Spanish adults (18-50 yrs)
  – 362 men (35.8%) & 649 women (64.2%)

• Measures (on-line data collection)
  – Reduced Eveningness-Morningness Questionnaire (rMEQ)
  – Trait Meta-Mood Scale-24 (TMMS-24)
  – Sociodemographic, physical and mental health data
RESULTS

EMOTIONAL CLARITY

- MEN
- WOMEN
- MORNING-TYPE
- NEITHER-TYPE
- EVENING-TYPE

* Indicates significant difference.
RESULTS

EMOTIONAL REPAIR

- MEN
- WOMEN
- MORNING-TYPE
- NEITHER-TYPE
- EVENING-TYPE

* Asterisk indicates significant difference.
RESULTS

INTERACTION BETWEEN CIRCADIAN TYPHOLOGY AND EMOTIONAL ATTENTION
DISCUSSION

• Emotional intelligence is related to circadian typology

• Women showed higher emotional attention

• Men showed higher emotional repair
EMOTIONAL ATTENTION

Morning-type → Evening-type
Neither-type → Morning-type

+ Ruminative thoughts
+ Depressive symptomatology
+ Anxiety symptomatology

EMOTIONAL CLARITY

Neither-type → Evening-type
Morning-type → Neither-type

+ Coping strategies
+ Attributional style
+ General health
+ Subjective well-being
  - Depressive symptomatology
  - Anxiety symptomatology

EMOTIONAL REPAIR

Morning-type → Neither-type

+ Life satisfaction
+ Mental health
  - Depressive symptomatology
  - Anxiety symptomatology
LIMITATIONS

• On-line data collection

• Emotional intelligence self-report instrument
CONCLUSIONS

• Morningness considered as a protective factor

• ¿Neither-type and eveningness considered as a vulnerability factor?
THANKS FOR YOUR ATTENTION