

INTEMO+ program: A Socio-Emotional Learning Intervention to improve adolescent psychosocial functioning.

The INTEMO+ program is a Socio-Emotional Learning (SEL) Intervention designed by the Emotion Lab of University of Malaga to develop and improve adolescent psychosocial functioning. INTEMO+ has been designed based on Mayer and Salovey's ability model: (1) accurate perception, appraisal, and expression of emotions; (2) awareness of feelings and ability to generate emotions to facilitate thought; (3) understanding of emotions, including the ability to label them with a rich emotional vocabulary; and (4) regulation of emotions to promote emotional and intellectual growth.

INTEMO+ consists of 12 sessions distributed in four phases, corresponding to the four branches of the theoretical model of Mayer and Salovey (1997). In addition, the INTEMO+ program includes two more cross-cutting sessions. Specifically, the development of an "Emotional Newspaper" and a "Film Script," which try to exercise most of the EI abilities.

The complexity of the INTEMO+ activities change every year and adapts to students' maturation, which allows the gradual introduction of more complex emotional contents, skills, and situations every academic year.

The empirical results show that when students have received an adequate EI education and well-implemented programs such as INTEMO+, they can have higher quality and well-being in socio-family and academic life.

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