

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

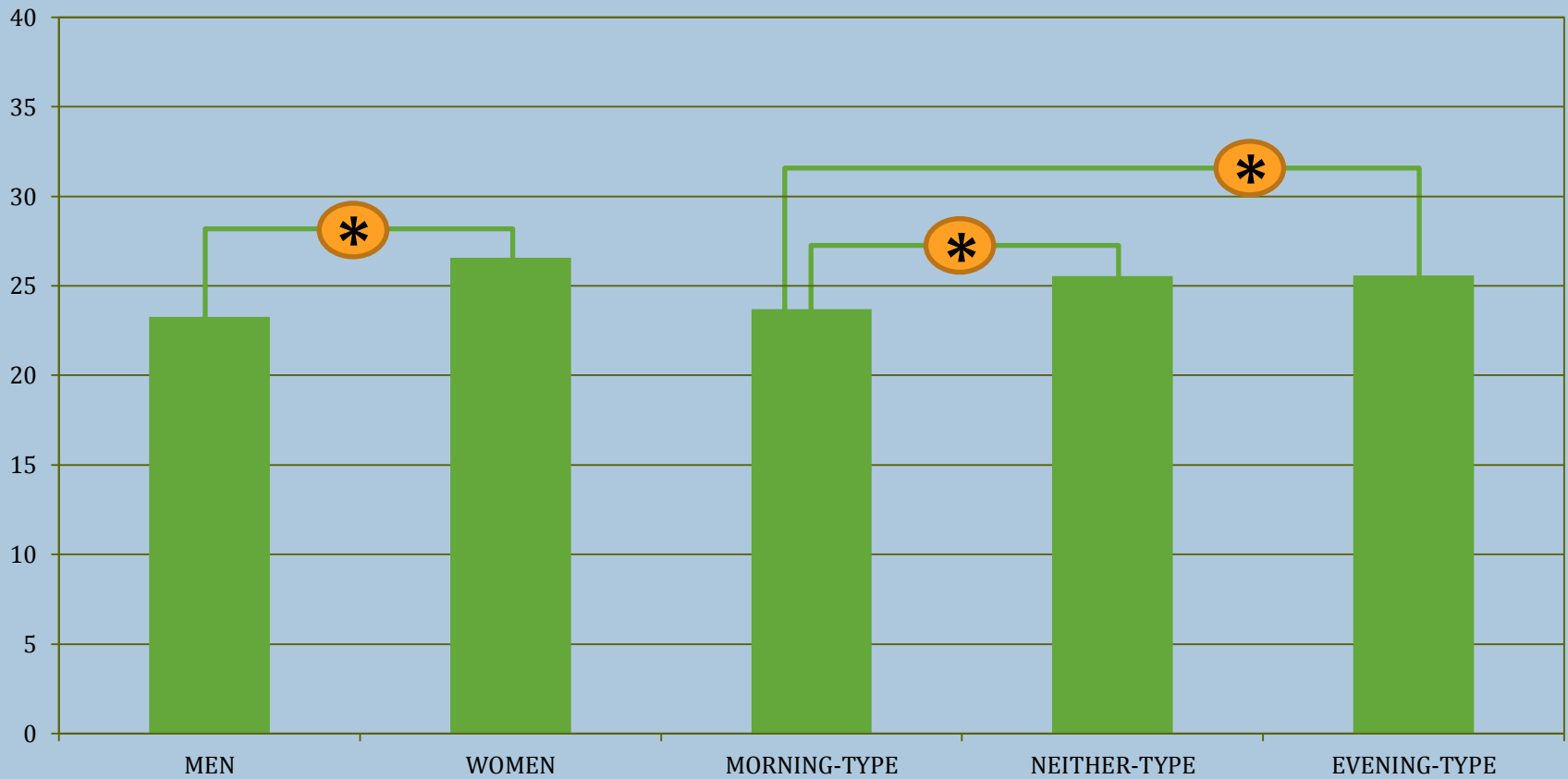
- Explore, for the first time, the possible relationship between circadian typology and the three dimensions of emotional intelligence in healthy adults

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

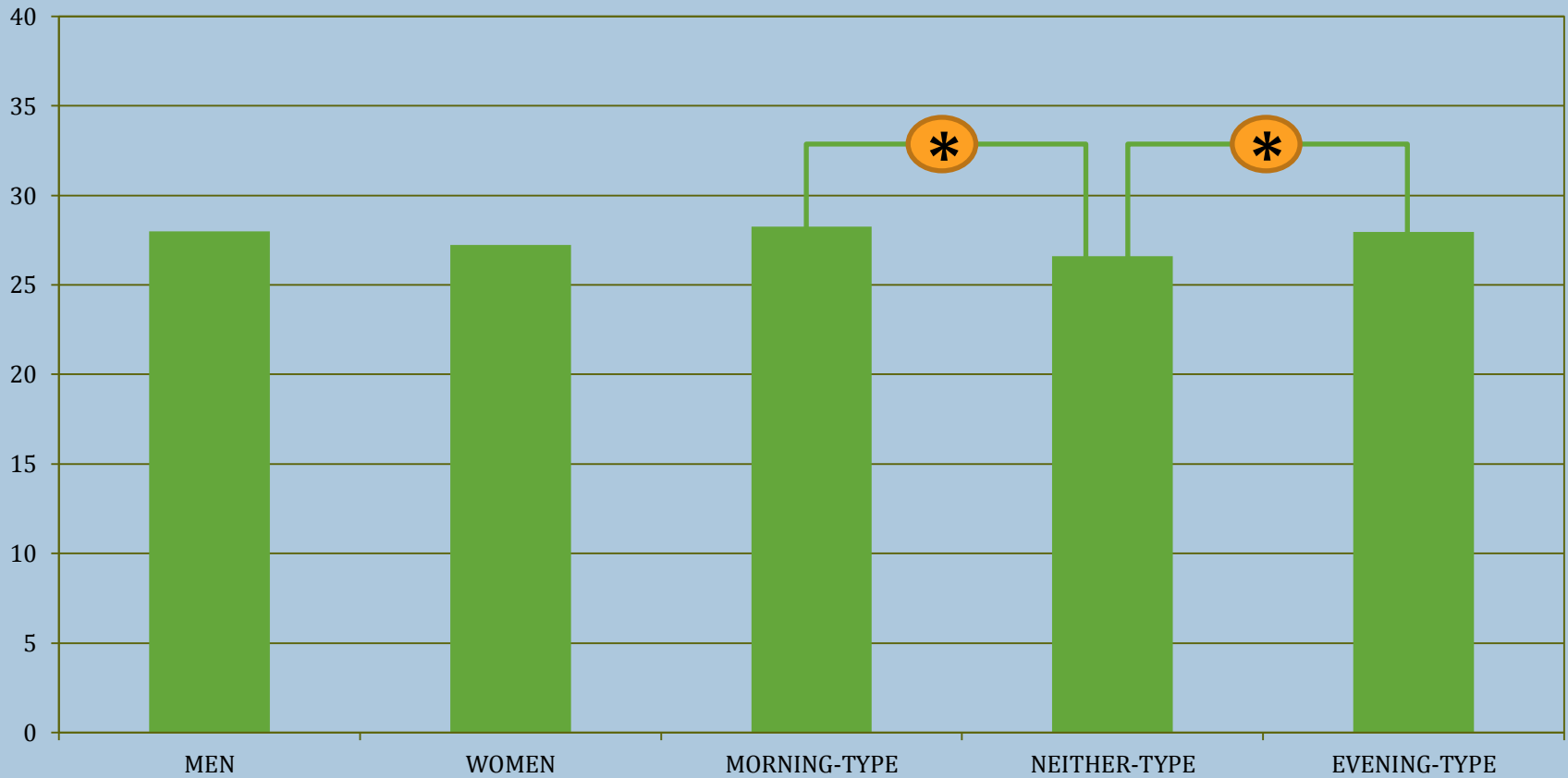
RESULTS

EMOTIONAL ATTENTION



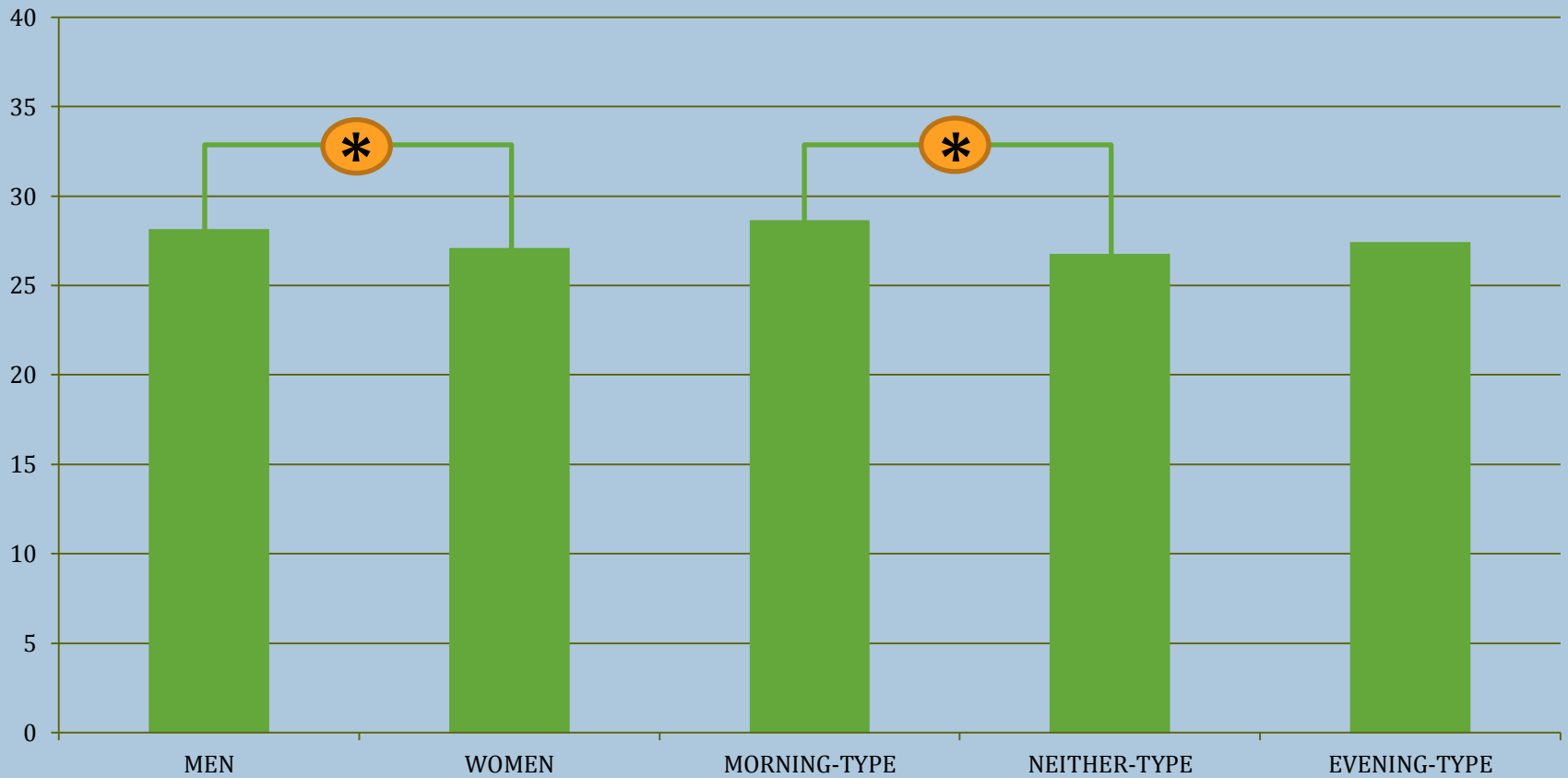
RESULTS

EMOTIONAL CLARITY



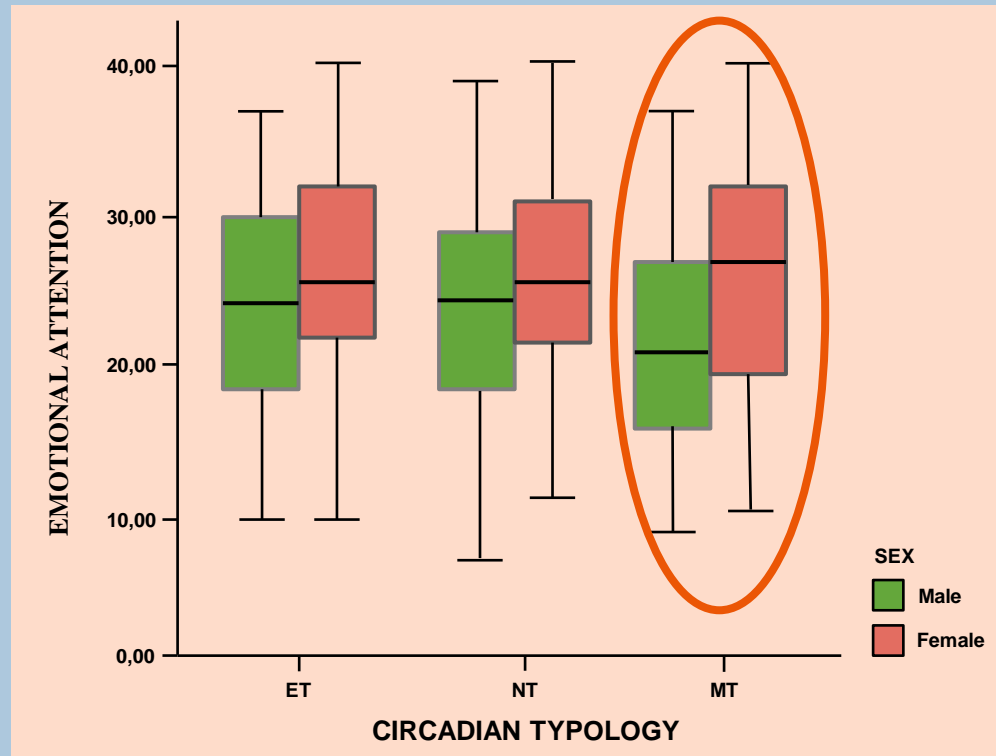
RESULTS

EMOTIONAL REPAIR



RESULTS

INTERACTION BETWEEN CIRCADIAN TYPOLOGY AND EMOTIONAL ATTENTION



DISCUSSION

- Emotional intelligence is related to circadian typology
- Women showed higher emotional attention
- Men showed higher emotional repair

DISCUSSION

EMOTIONAL ATTENTION → Morning-type < { Evening-type
Neither-type

- + Ruminative thoughts
- + Depressive symptomatology
- + Anxiety symptomatology

EMOTIONAL CLARITY → Neither-type < { Evening-type
Morning-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**