

# L'intelligenza emotiva negli adolescenti

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# Personality and Individual Differences

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## Emotional intelligence predicts adolescent mental health beyond personality and cognitive ability

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**Table 3**

Hierarchical regression of mental health on gender, age, general cognitive ability (GCA), personality

Variable	Disruptive behaviour			$R^2$	$\Delta R^2$	$\Delta F$
	$\beta$	SE	$t$			
Step 1				.03	.03	4.96**
Gender	-.13	.69	-2.42*			
Age	.11	.32	1.94			
Step 2				.04	.01	2.50
GCA	-.09	.11	-1.58			
Step 3				.20	.16	12.35***
Extraversion	.02	.59	.31			
Agreeableness	-.33	.66	-5.22***			
Conscientiousness	-.08	.65	-1.24			
Neuroticism	.18	.62	2.00*			
Openness	.12	.63	1.87			
Step 4				.21	.01	4.57*
Ability EI	-.13	1.67	-2.14*			
Step 4				.21	.02	6.78**
Trait EI	-.17	.02	-2.60**			

Note: For each model, variables across steps 1–3 remain the same and variables on step 4 change (i.e., only once).

\*  $p < 0.05$ .

\*\*  $p < 0.01$ .

\*\*\*  $p < 0.001$ .

**Table 3**

Hierarchical regression of mental health on gender, age, general cognitive ability (GCA), personality

Variable	Depression			$R^2$	$\Delta R^2$	$\Delta F$
	$\beta$	SE	$t$			
Step 1				.01	.01	2.08
Gender	.11	1.00	2.04*			
Age	.06	.46	.94			
Step 2				.03	.02	5.46*
GCA	-.13	.16	-2.34*			
Step 3				.21	.18	14.82***
Extraversion	-.07	.84	-1.15			
Agreeableness	-.11	.95	-1.69			
Conscientiousness	.01	.92	.13			
Neuroticism	.38	.88	6.53***			
Openness	.07	.90	1.18			
Step 4				.23	.01	4.93*
Ability EI	-.14	2.38	-2.22*			
Step 4				.29	.08	34.17***
Trait EI	-.37	.03	-5.85***			

Note: For each model,  $v_i$  (type of EI) hence, results for steps 1–3 are presented for each outcome only once.

\*  $p < 0.05$ .

\*\*  $p < 0.01$ .

\*\*\*  $p < 0.001$ .