Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Philosophy in Education with an emphasis in Educational Psychology

Yuyang Zhao
B.A. in Psychology, May 2014, Rockford University

The Effect of Emotional Intelligence and Adversity Intelligence on Mental Health, Life Satisfaction, Career and Interpersonal Success among Chinese Adults

Date: April 15, 2019
Time: 1:30 p.m. to 3:30 p.m.
Place: COE TLC - Sigma-Aldich Room

Abstract
Few studies examine the comprehensive effect of EQ and AQ on mental health (i.e., depression, anxiety, anger, positive automatic thoughts), life satisfaction, career success (i.e., job position and organizational commitment), and interpersonal success (i.e., interpersonal sensitivity and empty). By conducting two studies, totally 512 Chinese adults were recruited. Results from the multiple regression analysis revealed that part of EQ (i.e., regulation of emotion) and AQ (i.e., consistency of interest and acceptance of self and life) negatively predicted depression; whereas part of EQ (i.e., utilization of emotion) and AQ (i.e., personal competence) positively predicted depression. All aspects of EQ were not significant related to anxiety and anger. Part of AQ (i.e., consistency of interest and acceptance of self and life) negatively predict anxiety. Part of AQ (i.e., consistency of interest and acceptance of self and life) negatively predict anger, whereas part of AQ (i.e., personal competence) positively predict anger. Part of EQ (i.e., regulation of emotion) and AQ (i.e., optimism) positively predicted life satisfaction. Part of AQ (i.e., acceptance of self and life and) positively predict job position, whereas part of AQ (i.e., optimism) negatively predict job position. EQ was not significant related to job position. Part of EQ (i.e., regulation of emotion) and AQ (i.e., consistency of interest, perseverance of effort, personal competence and acceptance of self and life) positively predicted each part of organizational commitment (i.e., affective, continuance, and normative commitment). Part of EQ (i.e., utilization of emotion) and AQ (i.e., tenacity, optimism) positively predicted each part of empathy (i.e., affective and cognitive empathy), whereas part of AQ (i.e., consistency of interest and strength) negatively predicted each part of empathy (i.e., affective and cognitive empathy). Finally, part of EQ (i.e., regulation of emotion and utilization of emotion) and AQ (i.e., perseverance of effort, strength, and optimism) positively predicted each part of positively automatic thoughts (i.e., positive daily function, positive self-evaluation, and positive future expectation).

Defense of Dissertation Committee
Cody Ding, Ph.D. - Chairperson
Patricia Kopetz, Ph.D.
Mary Edwin, Ph.D.
Ruth Schumacher-Martinez, Ph.D.