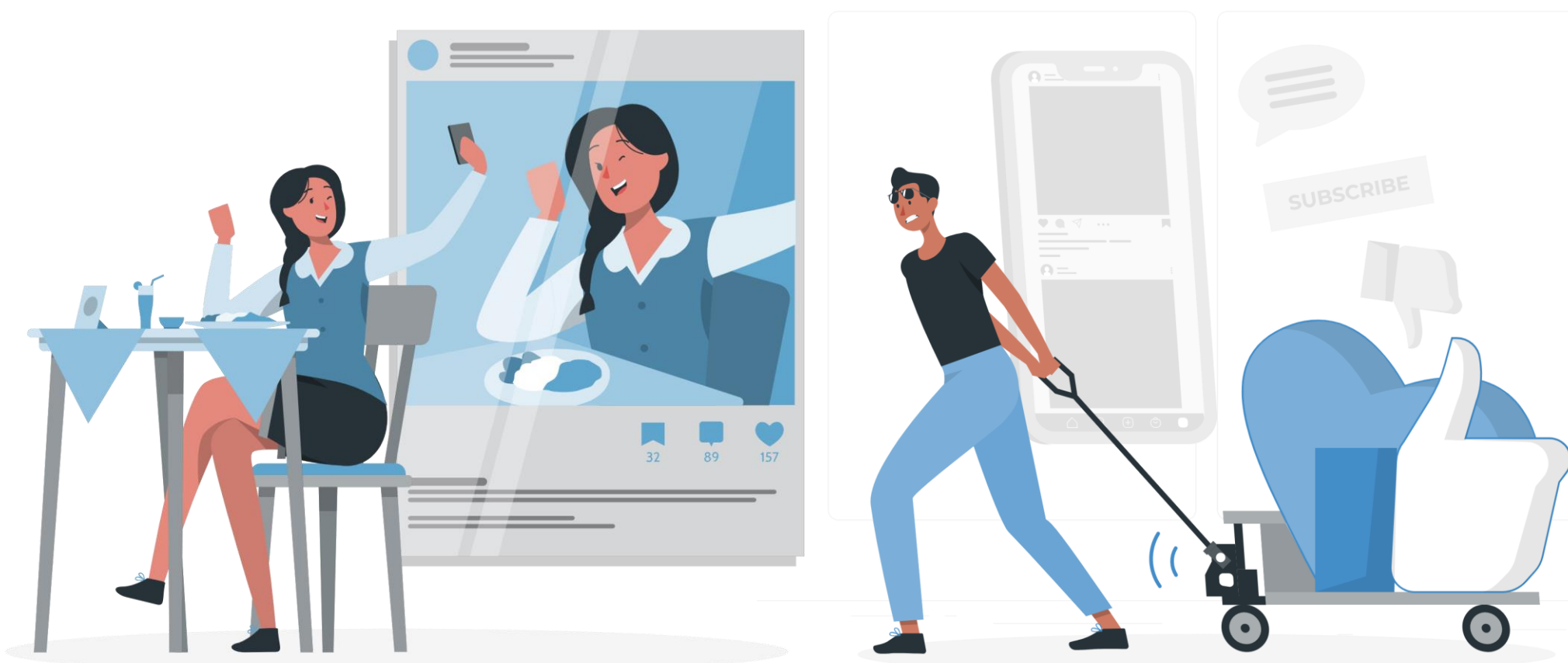


## Divergent Roles of Emotional Intelligence Models in Technology-Related Behavioural Addictions: A Systematic Literature Review

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### INTRODUCTION & AIM



What drew people into these kind of **behavioural addictions**?

- Loneliness
- Fear of missing out
- Covid-19
- ...

What they caused?

- Decreased sleep quality
- Behavioral impairment
- Psychological distress
- Time management issues
- ...

❖ Can **Emotional Intelligence (EI)** help ?

❖ Can it help as a **cognitive ability** or a **personality trait** ?

### METHOD

Records identified from Databases (n = 384)

- PubMed (n = 27)
- Scopus (n = 88)
- Web of Science (n = 119)
- APA PsycArticles (n = 99)
- PsycINFO (n = 51)

- Records removed before screening (n = 122)

Reports screened based on titles & abstracts in Rayyan (n = 262)

- Records excluded (n = 167)

Reports screened based on the selection criteria (n = 95)

- Reports excluded (53)

Studies included in review (n = 41/43)

#### Search Criteria:

- Behavioral addictions (30 keywords)
- 2013–2024

#### Selection Criteria:

- English language
- Scientific articles
- Focus on Technology-related behavioural addictions
- Focus either on Ability or on Trait Model
- Focus on validated measures

Preferred Reporting Items for Systematic Review and Meta-Analysis Statements 2020

Zotero → Reference Management

Rayyan → Decision-making



### RESULTS & DISCUSSION

#### Ability EI (32)

- mediated the relationship between PIU/PSU and suicidal ideation (Arrivillaga et al., 2020)
- had an indirect effect on Facebook intrusion via anxiety and insomnia (Błachnio et al., 2023)
- significantly predicted smartphone (Chen & Zhang, 2023) and social media (Jarrar et al., 2022) addiction.

#### BUT ALSO

- did not provide protection against PIU (Maddi et al., 2013)
- did not moderate the effect of IA on negative mood (Yu & Zhou)
- effect on scholastic well-being was not mediated by smartphone addiction (Mascia et al. 2020)

#### Trait EI (11)

- facet Self-Control was a significant predictor of PIU (Alshakhsi et al. 2022), possibility to experience social network addiction (Pino & Mastromarino, 2023)
- had a significant negative effect on PIU (Alshakhsi et al. 2023)
- was negatively correlated with PSMU, dart triad, fear of missing out (Barberis et al., 2023), IA (Mizera et al., 2019)
- affected gaming for different motives for adolescent and adult gamers (Kırcaburun et al., 2020)

➤ Overall, low to medium significant and negative correlations between EI and technology-related behavioural addictions.

➤ No conspicuously diverging roles of ability EI and trait EI was concluded and there could be a number of reason for it:

- Unsystematised definition of technology-related behavioural addictions (except for online gaming)
- Pitfalls in the assessment of these type of addictions (Is self-reporting enough?)
- Widespread cases of inconsistencies with how ability model is defined and measured

### CONCLUSION & FUTURE WORK

✓ Define the terminology precisely: Internet Addiction vs Problematic Internet Use, Ability EI vs Trait EI?

✓ Measure with validated and/or objective tools

✓ Analyze the Data beyond correlations...

✓ Collaborate with Clinicians working on the subject

✓ Treatment Plans & Interventions to design and implement



### REFERENCES

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- Salovey, P., & Mayer, J. D. (1990). Emotional intelligence. *Imagination, cognition and personality*, 9(3), 185-211.