

The predictive effect of emotional intelligence on the risk of suicidal ideation and behavior in Colombian adolescents (525-542)

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Suicide in adolescents is a public health problem, and it is relevant to conduct research to identify protective factors against suicidal risk. This paper analyzed the effect of emotional intelligence on the risk of suicidal ideation and behavior. A total of 289 adolescents aged 11 to 18 years ($M=14.88$, $SD=1.902$) responded to the suicide orientation (ISO-30) and trait emotional meta-cognition (TMMS-24) scales. Suicidal ideation and behavior correlated ($p < .001$) inversely with intelligence, clarity, and emotional regulation. Logistic regression analysis showed that emotional intelligence had an inverse effect that explained between 43% and 49% of the variance in suicidal risk. Structural equation analysis evidenced that emotional attention mediates the association between emotional clarity and suicidal ideation and behavior. These findings support the role of emotional intelligence in reducing suicidal risk in adolescents and justify the importance of developing strategies focused on emotion management for suicide prevention.