

# Emotional Intelligence of Doctor of Physical Therapy and Masters of Occupational Therapy Students



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## Introduction

- Emotional Intelligence is the ability to perceive, facilitate, understand, and manage the emotions of themselves and others.
- Rehabilitation professionals who are able to control their emotions and the emotional output of patients maybe more successful.
- The purpose of the study is to determine the emotional intelligence scores of first year DPT and MOT students as compared to age related normative values.

## Methods

### Research Design

- Quantitative non-experimental research design utilizing a survey.
- Variables:
  - Emotional intelligence of first year Doctor of Physical Therapy (DPT) students
  - Emotional intelligence of first year Masters in Occupational Therapy (MOT)
  - Normative Values

### Instrumentation

- Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT).
- The overall reliability of the test is .91 for general scoring (Mayer, Salovey, & Caruso, 2004).

### Sampling Strategy

- First Year DPT Students (22 participants)
  - Ages: 21-28 years old
- First Year MOT Students (18 participants)
  - Ages : 22-28 years old

## Results

- No difference between the total EIQ scores of the DPT and MOT participants at FGCU
- The 18-24 year old group scored higher in total and branch EIQ when compared to the normative mean for their respective age group. (Table 1 and 2)
- Male participants scored higher than normative mean for males (Table 3)
- Female participants scored higher in total EIQ than the male participants within the DPT and MOT groups.

## Conclusion.

- DPT and MOT students scored higher in Emotional Intelligence then the age adjusted general population. This may help these students in working and communicating with patients to improve quality of care.
- DPT and MOT students may benefit from the ability to facilitate and manage not only their own emotions, but also the emotions of their patients in order to potentially decrease therapist burnout and improve quality of care for the patient.

## Areas for Future Research

- Is there an increase in the EIQ scores as participants progress through their respective program?
- Should there be additional classes or sections devoted to enhancing the emotional intelligence of the students in order to produce the best rehabilitation professionals possible?
- Can the MSCEIT or other emotional intelligence tests can be used as part of admission criteria in order to improve patient satisfaction and patient outcomes?

