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THE RELATIONSHIP BETWEEN DEPRESSION AND EMOTIONAL INTELLIGENCE
AMONG UNDERGRADUATE STUDENTS

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Depression and depressive symptoms are among the most common of all mental disorders and health complaints. The main objective of this paper was to examine the study of the relationship between emotional intelligence and depression among undergraduate students. The undergraduate students of the Islamic Azad University, Azadshahr branch (183 women, 123 men) took part in this study. Their ages ranged from 18 to 51 ($M = 25.4$, $SD = 6.1$); 124 were married, and 182 were single. All the respondents completed a series of questionnaires including the Farsi version of the Trait Emotional Intelligence Questionnaire (Petrides, & Furnham, 2004), the Depression Anxiety Stress Scale (Lovibond, & Lovibond, 1995). A significant negative correlation has been found between the scores on the Trait Meta-Mood Scale and the Depression Anxiety Stress Scale ($r = -.43$, $P < .0001$) for the total group and also separately for tested the groups of men and women.