

Emotional Intelligence of Anesthesiology Residents is Similar to that of the General Population

Ryan Ball, M.D.; Joseph F. Talarico, M.D.
University of Pittsburgh

Learner Audience: Members of SEA and attendees of SEA Spring Conference 2010

Background: Traditional parameters used in selection of anesthesiology residents: medical school grades, USMLE scores, Dean's letters, letters of recommendation, interview scores, etc., have been shown to be poor predictors of resident performance. Measures of emotional intelligence have proven useful in predicting performance of managers outside of medicine, but have not been widely studied in the field of medicine.

Needs Assessment: A reproducible predictor of resident performance would be an invaluable tool in resident recruitment. We are in the process of conducting a multi-institutional study of emotional intelligence and its relationship to resident performance. Residents in five academic anesthesiology programs have taken the Eq-I 125 online survey provided by Multi-Health Systems, Inc., an instrument that has been validated as an indicator of emotional intelligence. The data gathered have provide an indication of the mean emotional intelligence of the participants.

Hypothesis: Since anesthesiology residents are characteristically highly intelligent, their emotional intelligence is significantly superior to that of the general population.

Curriculum Design: Ninety eight residents currently enrolled five academic anesthesiology residencies program participated in a study designed to correlate emotional intelligence, as measured by the Bar-On Eq-I 125 personal inventory, with performance as a resident. Results were obtained in the following categories: positive impression, intrapersonal, self-regard, emotional self-awareness, assertiveness, independence, self-actualization, interpersonal, empathy, social responsibility, interpersonal relationship, stress management, stress tolerance, impulse control, adaptability, reality testing, flexibility, problem solving, general mood, optimism, happiness, and total emotional intelligence.

Outcome: Mean emotional intelligence of the participants, anesthesiology residents currently enrolled in five academic programs, is similar to that of the general population.