Abstract
This study examined the different facets of perceived emotional intelligence (EI), alexithymia and how these facets were related to coping and affect regulation, using as indexes social support, perceived stress, depression and affect balance. Participants were 593 introductory psychology students. The results clarified and confirmed that emotional intelligence and alexithymia scales (TMMS-48 and TAS-20) converged in a clarity and regulation of emotion factor, that showed criterion validity with self-reports of mental health, affect balance and social adjustment and simultaneously to an adaptative profile of coping with stress, that mediated and explained how emotional clarity, capacity to identify feelings, ability to express and repair mood and feelings, help to emotional regulation. Attention to emotion and low external oriented thinking did not show criterion validity with mental health or with adaptive coping.