

# Exploring the Interplay Between Interoception and Dissociative Experiences: Insights from a Non-Clinical Population

*Tuesday, September 24, 2024 9:25 AM (20 minutes)*

The critical contribution of interoceptive signals to bodily self awareness and self-consciousness has recently been investigated by an increasing number of studies. Also, it has recently been suggested that interoceptive dysfunction can prove to be an important component of many neurological and psychiatric disorders (i.e. dissociative disorders, eating disorders, PTSD, somatic disorders), some of which exhibit overlapping characteristics with disorders characterized by increased dissociative tendencies. This observation hints at a potential underlying connection between interoception and dissociation, the exploration of which could provide valuable insights into the concept of Self and the diagnosis and management of related disorders. Given the significance of this relationship, this study aimed to directly investigate this relationship within a non-clinical population, observing whether scarce interoceptive abilities were associated with a higher tendency for spontaneous and induced dissociative experiences (using the Mirror Gazing Task). Findings showed that the MGT was effective in inducing state dissociation. Furthermore, dissociative feelings negatively correlated with interoceptive sensibility and, similarly, trait dissociation was negatively associated to interoceptive sensibility. Induced or spontaneous non-clinical dissociation, instead, was not associated with changes in interoceptive accuracy (as measured via the Heartbeat Counting Task). These results identify a relationship between non-pathological state and trait dissociation and interoceptive sensibility, specifically interoceptive components related to the trustworthiness and awareness of visceral signals. Considering the important role of interoception in shaping bodily self-awareness and self-consciousness, we are currently investigating the relationship between visceral self-awareness and dissociative traits in Anorexia Nervosa.

**If you're submitting a poster, would you be interested in giving a blitz talk?**

**If you're submitting a symposium talk, what's the symposium title?**

Interoception for cardiac and gastric signals: exploring individual differences and their implications for cognitive and mental health

**If you're submitting a symposium, or a talk that is part of a symposium, is this a junior symposium?**

Yes

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