

Correlation Between Interoception and Emotion Regulation



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Introduction

Better understanding the interplay between interoceptive ability and emotion regulation can have implications in the treatment of mood and developmental disorders

Vocabulary

Interoception: one's ability to detect and interpret internal senses, such as temperature, heartbeat, flushing, pain, and hunger (Chen et al., 2021)

Emotion Regulation:

- **Cognitive reappraisal** - a way to regulate emotions by changing the way one thinks about an emotion-eliciting stimuli
- **Expressive suppression** - a way to regulate emotions by changing your behavioral response to an emotion-eliciting stimuli (Cutluli, 2014)

Previous Research:

- Higher interoceptive ability is linked to the increased use of cognitive reappraisal (Kever et al, 2015; Fustos et al, 2012)
- Mixed results regarding the correlation between interoceptive ability and the use of expressive suppression (Kever et al, 2015; Zamariola et al, 2019)

Methods

- Participants: 78 healthy young adults, (age 18-30, M=23.53 years) part of First Impressions Study
- Measures: participants took the Interoception Sensory Questionnaire (ISQ) and Emotion Regulation Questionnaire (ERQ), two facets of ERQ are totaled separately
- Analysis: Bivariate, two-tailed correlation analysis done with SPSS

I'm not sure how my body feels when it's a hot day.

1 - Not at all
true of me

2

3

4

5

6

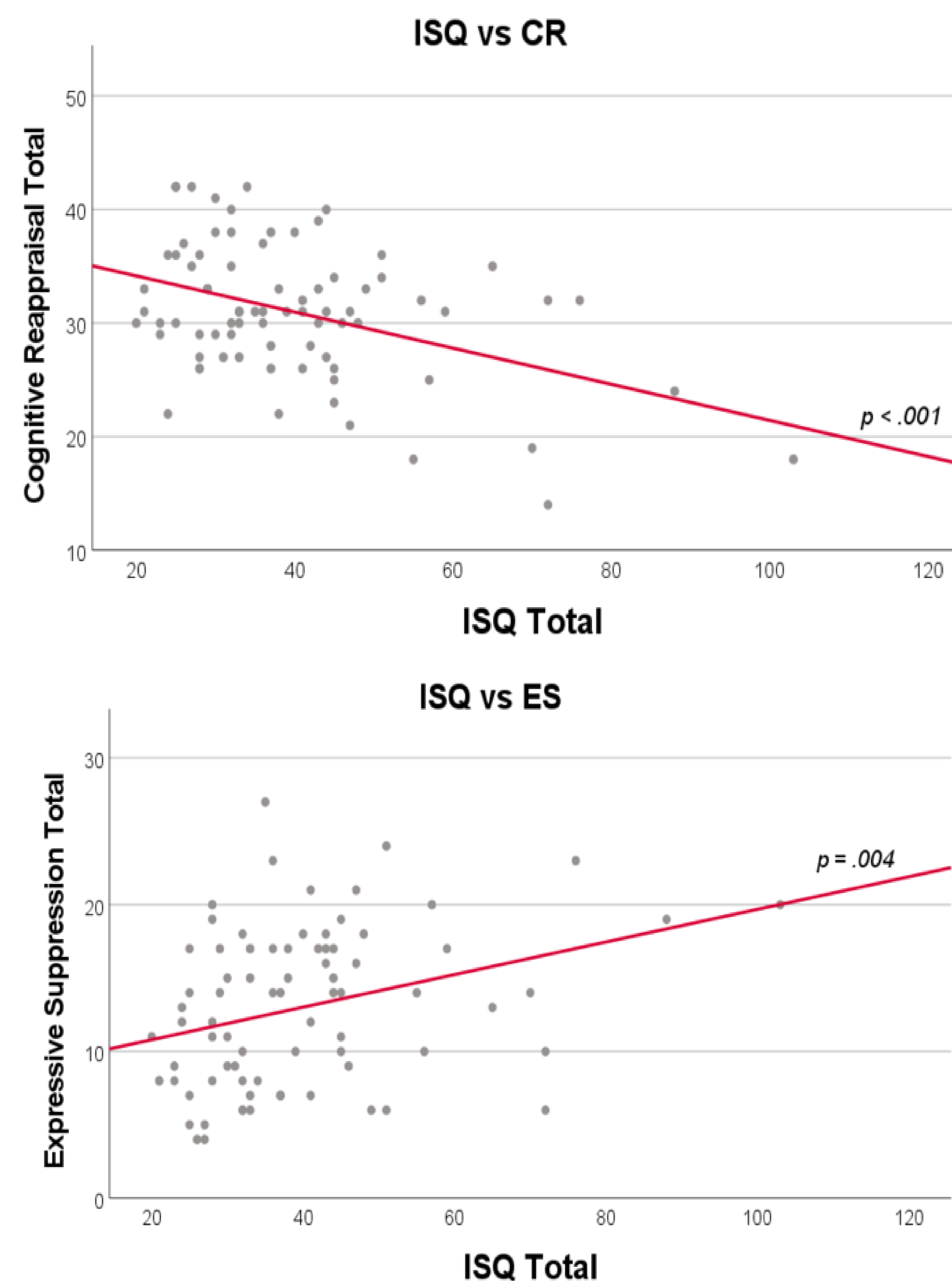
7 - Very true
of me



Research Question

Is interoception correlated differentially between two subcomponents of emotion regulation (cognitive reappraisal and expressive suppression)?

Results



As interoceptive disability increases, the use of cognitive reappraisal decreases and the use of expressive suppression increases

Discussion

- Consistent with previous findings, results show that as people have a harder time interpreting internal sensations (interoception), they are less able to change their thought process in response to an emotional event (cognitive reappraisal).
- This study helps clarify conflicting arguments in the literature by providing evidence that supports the theory that if someone has a harder time understanding their internal senses, they are more likely to suppress their emotions, possibly concealing and hiding their feelings (expressive suppression)
- The study has found that cognitive reappraisal and expressive suppression are oppositely correlated to interoceptive ability.
- Future studies should incorporate more diverse participant pools.

Implications/bigger picture:

- Data shows that it is important to tease apart the sub-facets of emotion regulation, and analyze cognitive reappraisal and expressive suppression separately
- Understanding emotion regulation and interoception will inform more efficient cognitive therapies to combat dysregulations in some mood and developmental disorders

Citations

