

Interoceptive Ability and Stress Levels

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Background

- Effective stress management techniques are imperative to fending off the consequences of stress evoking stimuli in everyday life.
- The knowledge of one's bodily changes facilitates greater awareness of emotional states, which allows for greater ability to control emotional arousal.
- Interoception: the processing and perception of internal bodily states
- We hypothesized that there is a positive correlation between higher levels of interoceptive ability and objective stress levels.

Methods

CONTROL GROUP

BASELINE	COLORING	TESTS	MATH	TESTS	PUZZLE	TESTS	ANOLOGY	TESTS
0 MIN	6 MIN	11 MIN	17 MIN	18 MIN	24 MIN	27 MIN	33 MIN	37 MIN

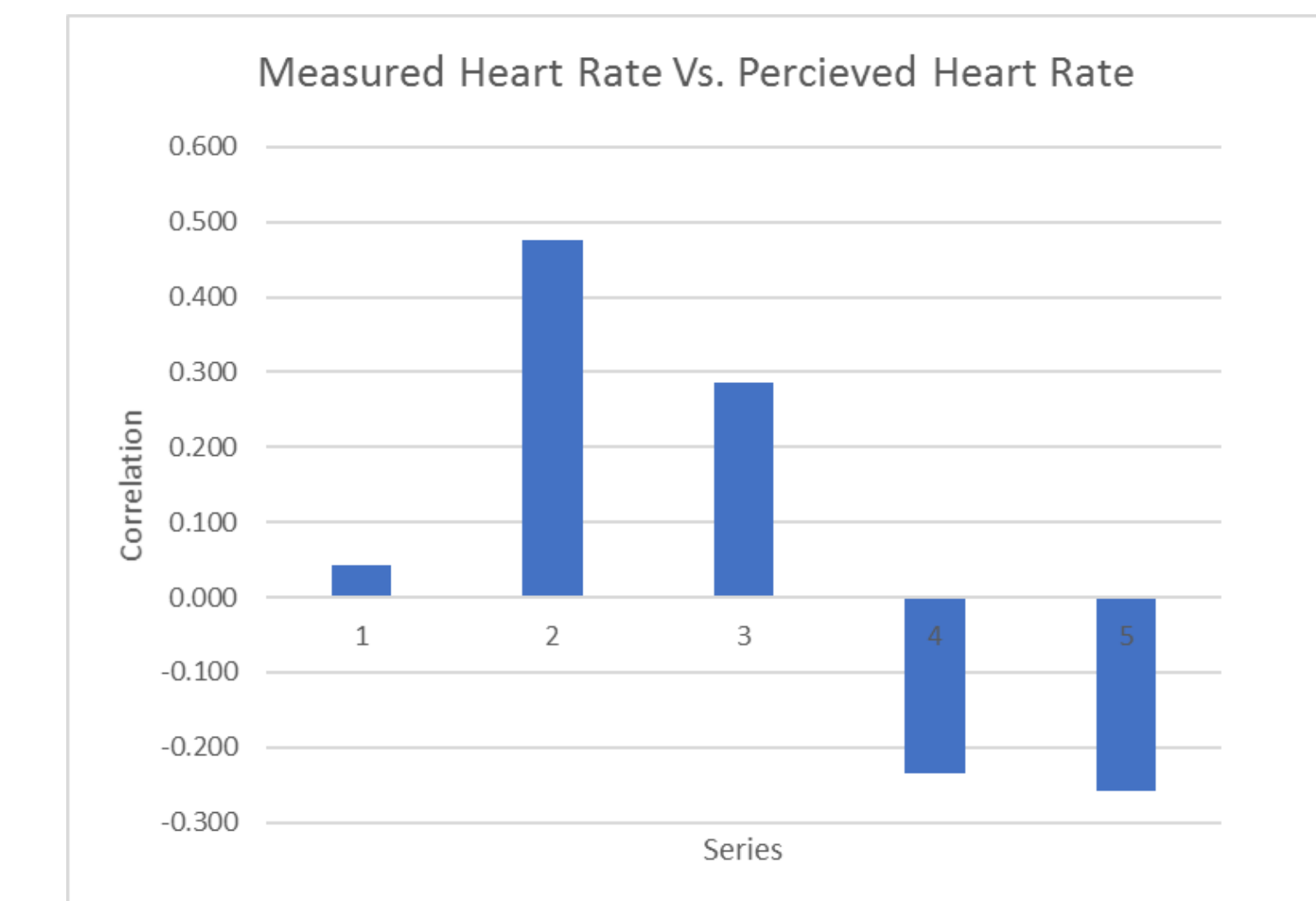
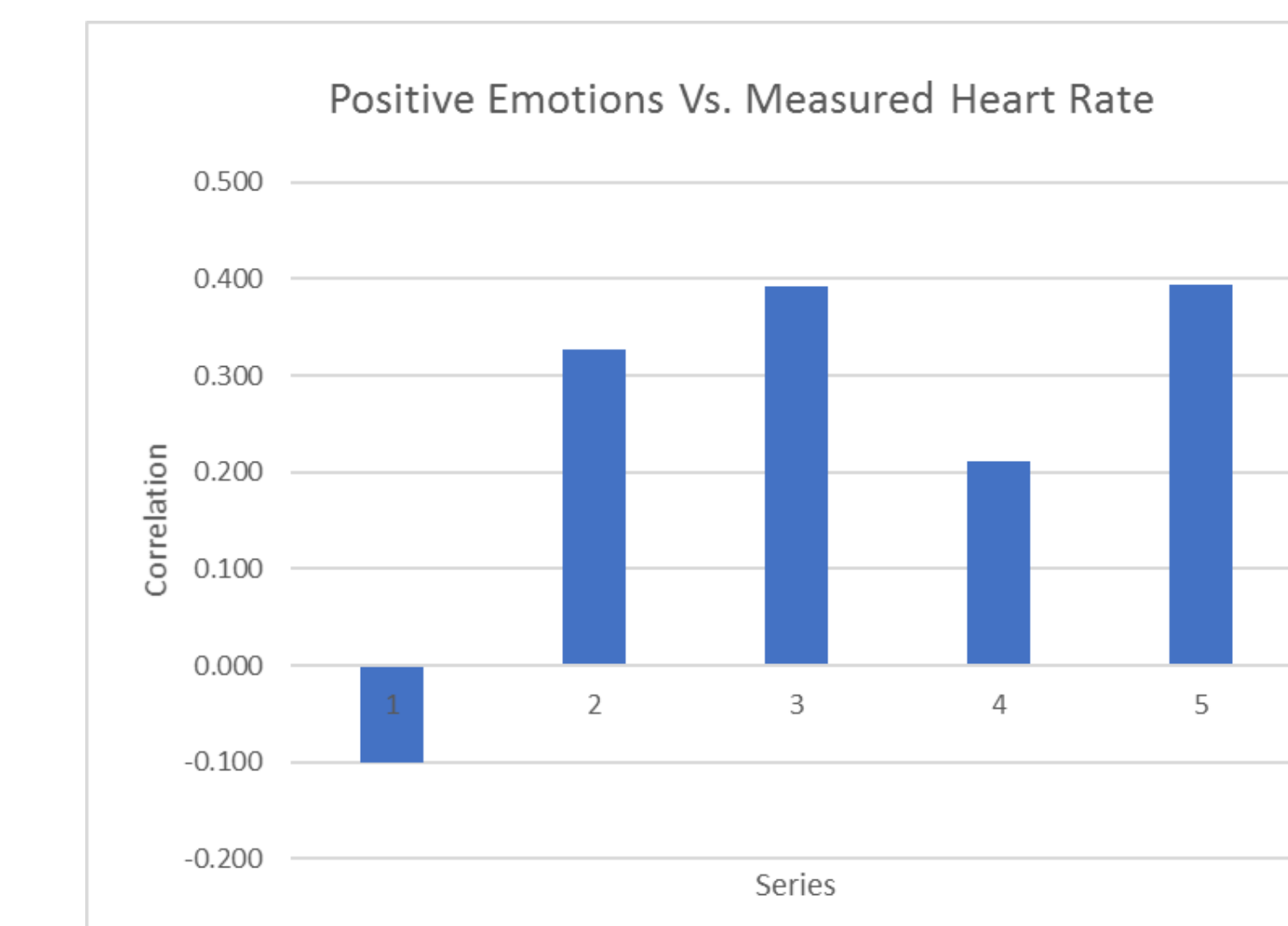
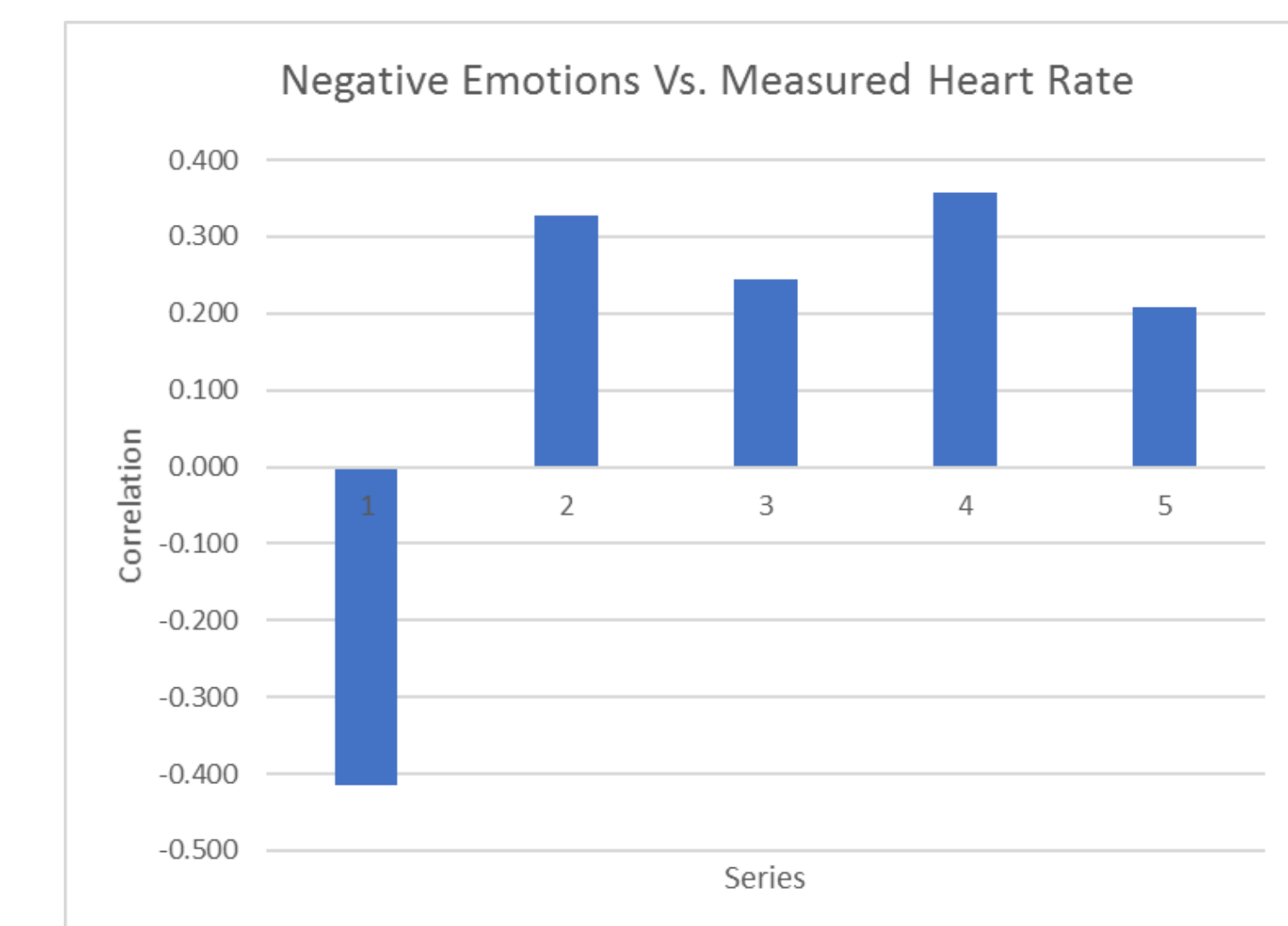
EXPERIMENTAL GROUP

BASELINE	SPEECH	TESTS	MATH	TESTS	COUNTING	TESTS	ENGLISH	TESTS
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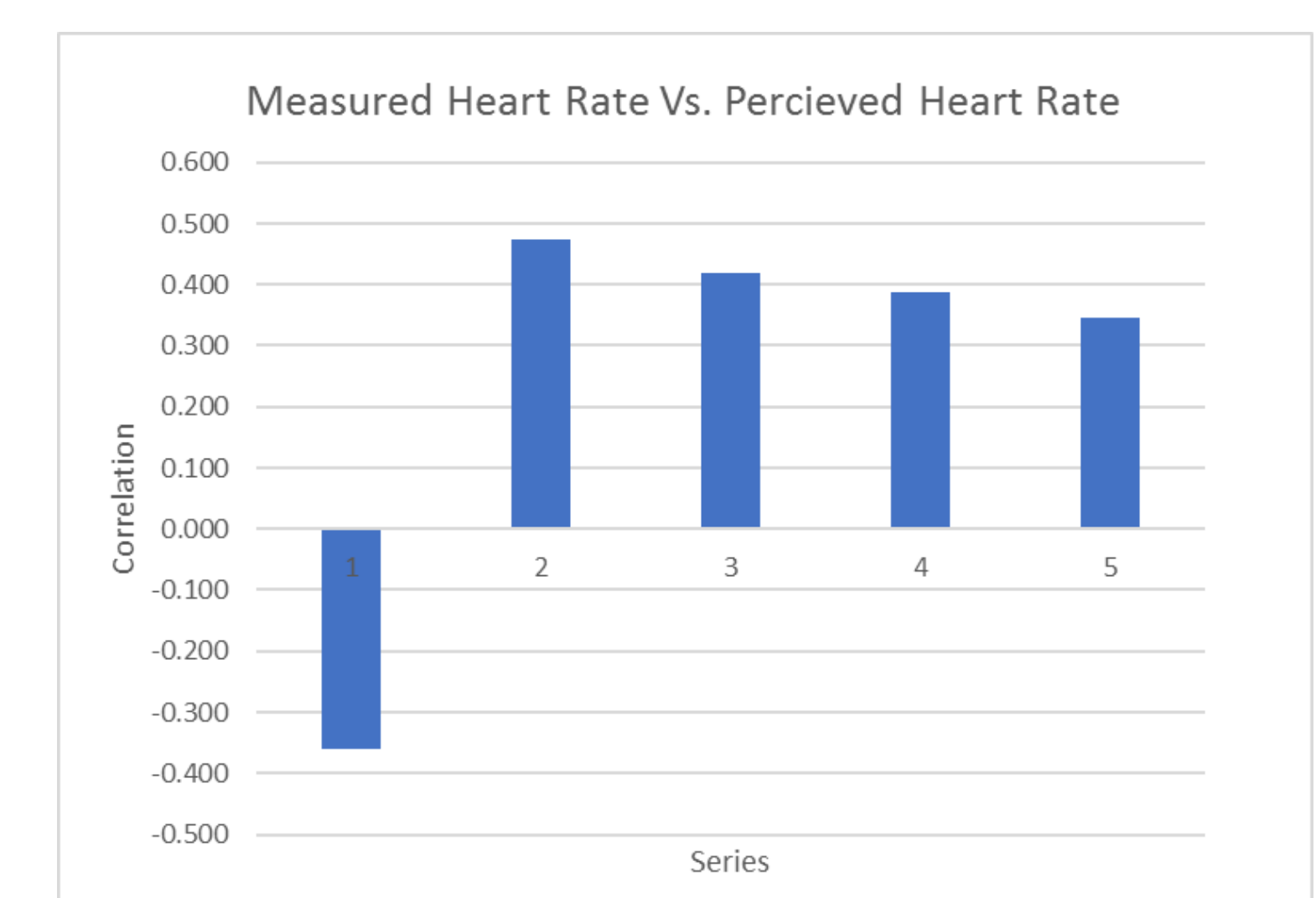
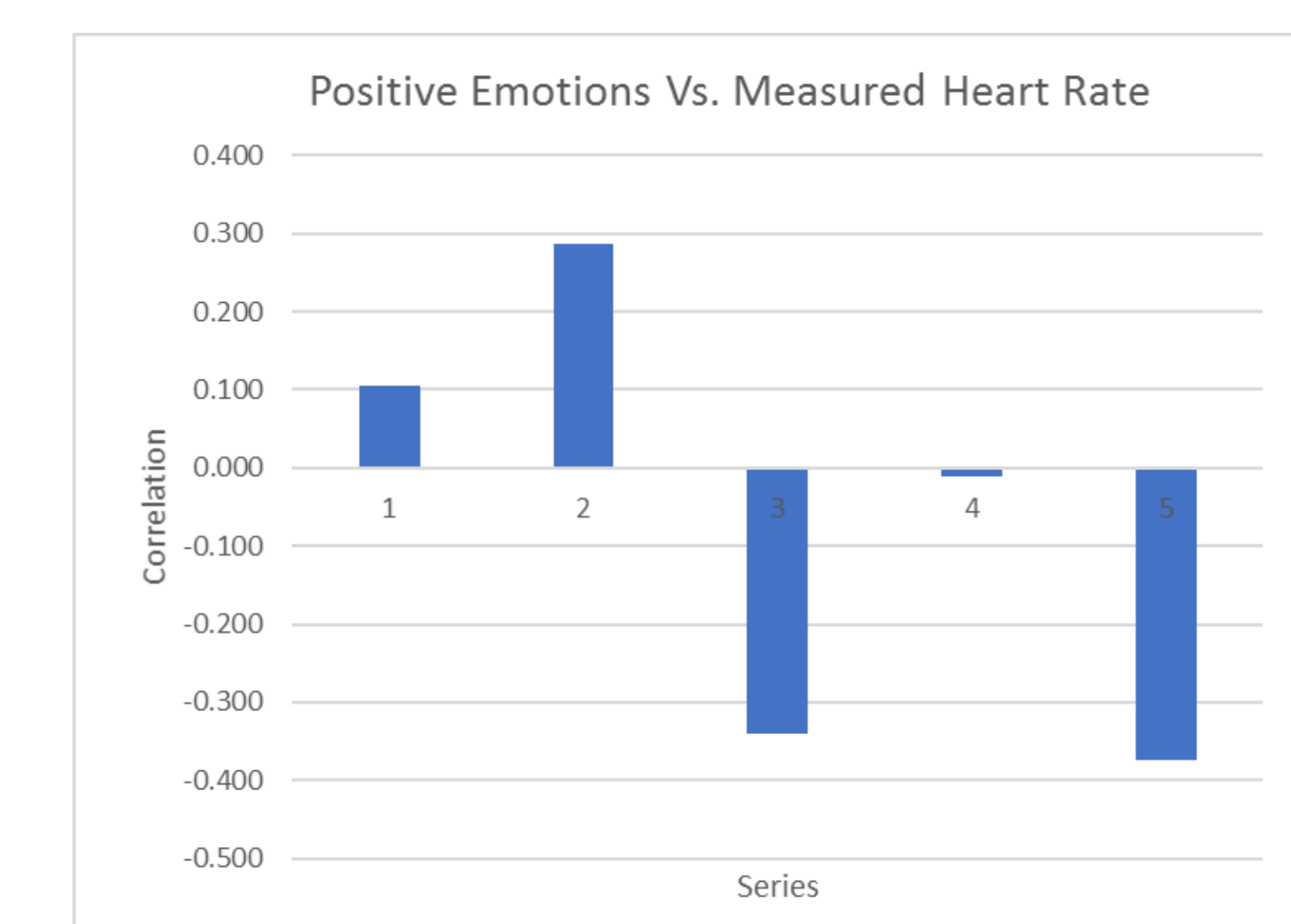
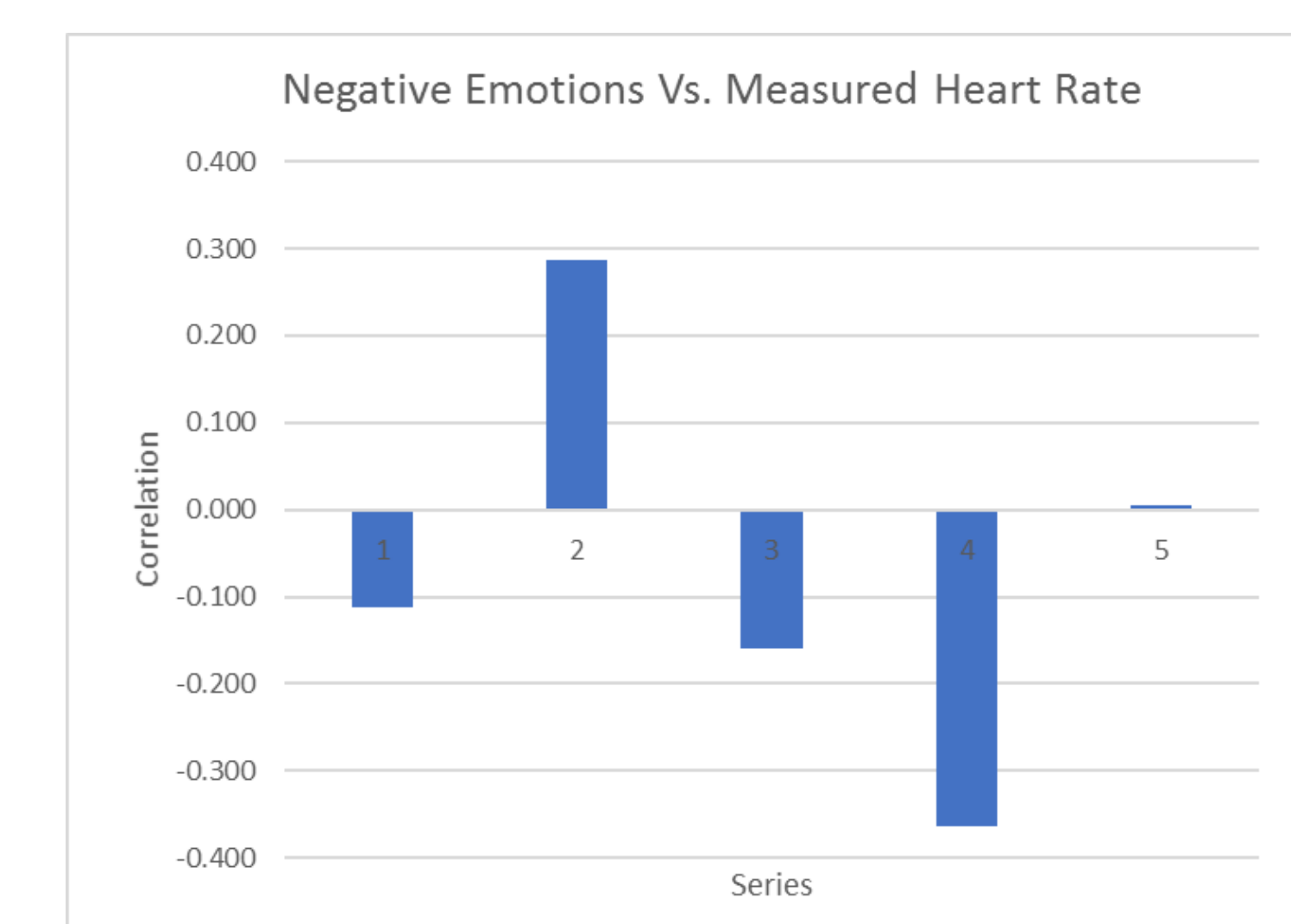
*TESTS= questionnaire, heart rate, and cortisol measurement

Results

CONTROL GROUP



EXPERIMENTAL GROUP



Discussion

- The control group had stronger positive correlation for both positive and negative emotions. Whereas, the experimental group had stronger positive correlation between measured heart rate and perceived heart rate.
- Limitations: Small number of participants and inability to analysis cortisol measures
- Future Research: Add a cognitive task and use the standard heart rate perception task