From Body To Emotion Regulation
A Psychometric Study

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Introduction
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- Consciousness of interoceptive states:
  - a main component of emotion regulation (ER)

- ER encompasses:
  - Bodily
  - Cognitive
  - Affective

What about Body Awareness and Body Consciousness?

What about the relation Body Awareness and Emotion Regulation?

(Gross 2002; Dennis 2010; Kerr et al. 2013)
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- Normal functioning of body awareness:
  - sensitivity to body rhythms and cycles
  - ability to detect small changes
  - anticipation in body reactions

(Mehling et al., 2012; Shields et al. 1989)
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- Studies sustain relationships between
  - consciousness of body states

- health impairments
  - Chronic pain
  - Eating disorders
  - Anxiety disorders

(Baer 2003; Mehling et al., 2009; Price & Thompson, 2007)
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- Clinical practice of body consciousness and awareness
  - underlines the lack of/deficit in emotional processing in several somatic and mental disorders
  - works on improving awareness of
    - affective states and thoughts
    - bodily states and modifications
  - Suggests reducing dissociative experiences (Mind-Body)

(Bugge et al., 2012; Price & Thompson, 2007)
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- We designed a research to study the relationships between skills related to:
  - Interoception
    - based on body awareness of direct emotional signals
  - Introspection
    - based on emotional consciousness
    - mindfulness skills
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Methods
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- Participants
  - French speaking participants
    - Age: $M=38.1; \ sd=11.74$
    - $N =198 \ (men = 17)$

- Data analyses
  - Correlational approach
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Material

Body Awareness Questionnaire (BAQ)

- attention to normal non-emotive body processes
  - sensitivity to body cycles and rhythms
  - ability to detect small changes in normal functioning
  - ability to anticipate bodily reactions

(Shields et al. 1989)
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- Material

  - Toronto Alexithymia Scale (TAS-20)
    - alexithymia based on
      - difficulties in identifying emotions
      - verbalizing emotions
      - externally oriented thinking

(Bagby et al. 1994)
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Material

Five Facets Mindfulness Questionnaires (FFMQ)
- inter-individual trait skills that encompass
  - observing
  - describing
  - acting with awareness
  - non-judging
  - non-reaction to inner experience

(Baer et al. 2006)
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Results
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- interoception (BAQ) and Mindfulness skills (FFMQ)

![Graph showing the relationship between Body Awareness and Mindfulness with a correlation coefficient of r = 0.398; p < 0.001.](image-url)
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- interoception (BAQ) and difficulties in introspection (TAS-20)

![Graph showing correlation between Body Awareness and Alexithymia. The correlation coefficient is $r = -0.32; p < 0.001$.]
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Discussion
Lack of introspection (alexithymia) is related to difficulties in non-emotional body awareness

Consciousness of body could be envisaged as a main point of emotion processing

“No emotion without body”

- Emotion processing is not only abstract

Connection to non-affective bodily states is related to connection and acceptance of emotional states (Mindfulness)

(Barsalou, 2008; Damasio, 1996; Niedenthal et al. 2009)
These results support plurifactorial components of emotion processing and regulation (body, cognition and affects) role of interoception in emotion processing and regulation.

Body Awareness in relation to ER is interesting in general population and in psychopathological contexts.

Regarding embodied theories of emotions, this psychometric contribution supports the need for targeted therapeutic interventions on body awareness to improve emotion regulation.

(Barsalou, 2008; Damasio, 1996; Niedenthal et al. 2009)
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THANK YOU FOR YOUR ATTENTION

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