Title: The efficacy of mindfulness for improving interoception: A meta-analysis

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Abstract: Interoception, the process of sensing the internal states of the body, plays a role in psychological well-being. Research suggests that this association may in part be due to the development of higher-order cognition. Hence there is an interest in increasing interoceptive awareness and accuracy, specifically through mindfulness practices. Yet little is known about the connection between this body awareness and mindfulness processes such as in meditation. Although research has suggested that mindfulness is beneficial in increasing interoception, the effect size varies considerably across studies, and the nature of the benefits remains unclear. The current study will conduct a meta-analysis of the efficacy of mindfulness for improving interoception. We will focus on studies that have used self-report assessments of interoception and heartbeat detection. These two approaches of measuring interoception provide unique insights into interoceptive awareness and accuracy, respectively. A preliminary review suggests that at least 20 studies meet the criteria to be included in the meta-analysis. We will include various moderators such as gender, age, and positive and negative psychological states (i.e., depression and anxiety) and the type of research design (i.e., experimental and correlational). To account for publication bias, studies from open access frameworks and unpublished studies will also be investigated.