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INTRODUCTION

- Individuals differ in their tendency to be subjectively aware of sensations from their body^{1,2}, and this awareness may have implications in the regulation of mental and emotional health^{3,4}
- Prior research has demonstrated links between ongoing bodily activity and subjective affect, particularly subjective arousal^{4,5}.
- The present study explores relationships between awareness of individual bodily sensations and affect in real-world settings.

METHODS

- Participants were recruited via Prolific
 - $N = 116$; 47.2% female; 58.5% White,
 - $M_{age} = 28.23$ years, $SD_{age} = 8.72$
- **Procedure:** Initial surveys followed by 7 days of ecological momentary assessment (EMA)

Initial Surveys

Trait level bodily awareness:

- Body Awareness Questionnaire (BAQ)⁶
- Body Vigilance Scale (BVS)⁷

EMA Surveys

- **Momentary Affect:** Participants reported on their momentary arousal and momentary valence on a scale of 1-7
- **Momentary Body Awareness:** Participants reported on their awareness of 8 bodily sensations on a scale of 1-7

RESULTS/ANALYSIS

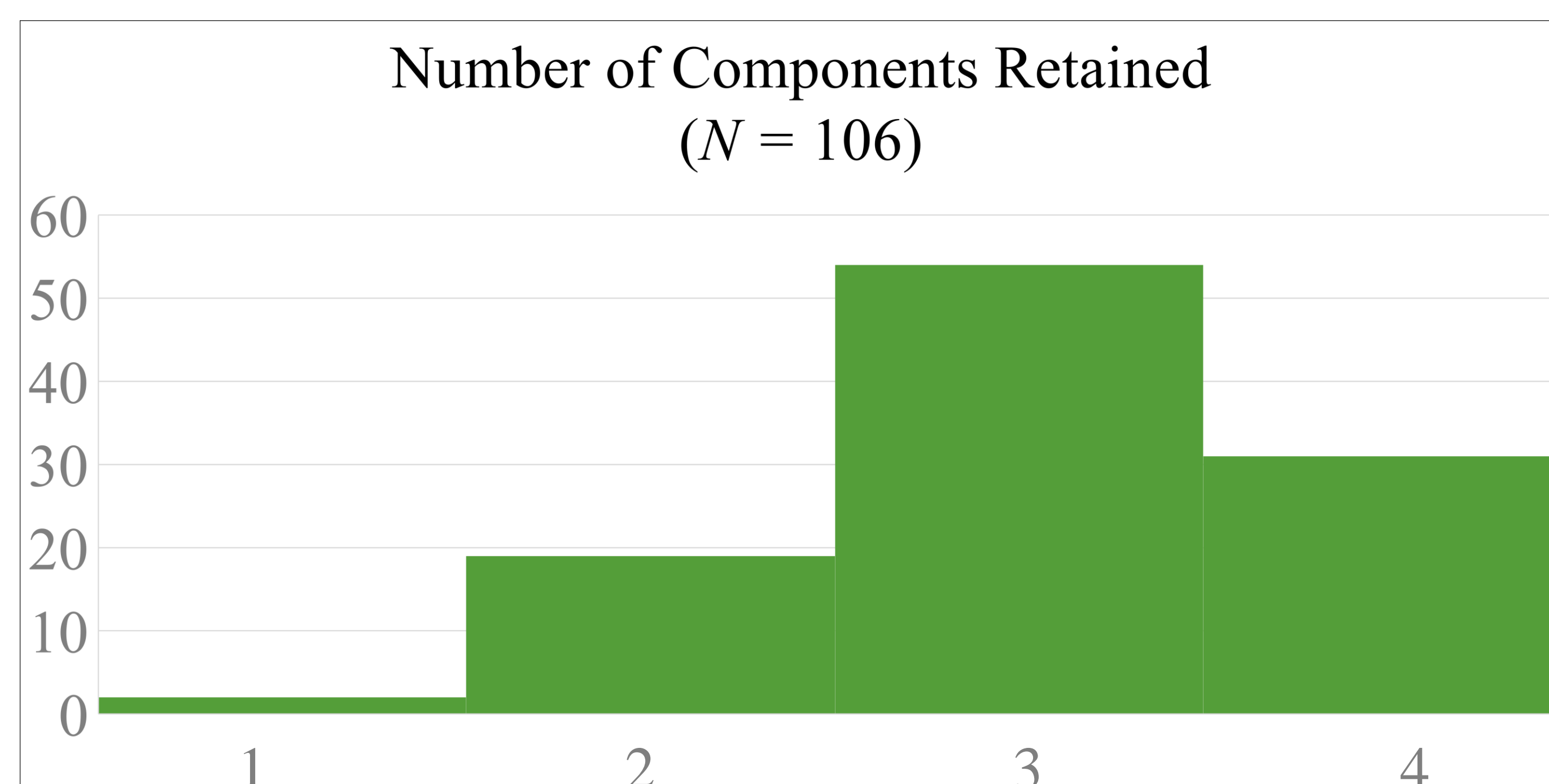
How are Momentary Affect and Body Awareness Related?

Data analyzed with general linear mixed models with participant treated as a random factor ($N = 116$)

Body Sensation	Valence	Arousal
Heartbeat	-0.09** [-0.15, -0.04]	0.09** [0.04, 0.14]
Breathing	-0.10*** [-0.14, -0.05]	0.07** [0.03, 0.11]
Temperature	-0.06** [-0.10, -0.02]	0.05* [0.01, 0.09]
Gut	-0.09*** [-0.14, -0.04]	0.03 [-0.02, 0.08]
Hunger/Satiation	0.06* [0.00, 0.12]	0.04 [-0.01, 0.09]
Tired/Awake	-0.18*** [-0.23, -0.12]	-0.02 [-0.08, 0.03]
Skin Moisture	-0.01 [-0.05, 0.03]	0.06** [0.02, 0.10]
Muscles	-0.07** [-0.12, -0.02]	0.07** [0.03, 0.12]

Do Individuals Differ in Granularity of Body Awareness?

Data analyzed using Principal Components Analysis retaining components with Eigenvalues greater than 1



BAQ BVS

Mean Momentary Body Awareness 0.266** 0.374***

DISCUSSION

- Greater in-the-moment awareness of most bodily sensations was associated with feeling greater arousal and more unpleasant affect.
 - However, for bodily sensations that may involve more mental inference (e.g. hunger and tiredness), momentary awareness was associated with only affective valence, not arousal.
- In addition to this, our results show there are individual differences in the complexity of participants' momentary body awareness, such that some individuals differentiate between bodily sensations more than others.
- Overall, results point towards the importance of exploring different patterns in the experience of bodily sensations and how that may be associated with concurrent affect.

References:

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