

**A meta-analysis on the relationship between interoceptive awareness and alexithymia:
Distinguishing interoceptive accuracy and sensibility**

Link: <https://pubmed.ncbi.nlm.nih.gov/31380655/>

“Alexithymia” is a condition in which a person has difficulty understanding their own emotions. Scientists do not completely understand why this occurs, but one theory is that people with alexithymia have reduced “interoceptive awareness”, or the ability to detect, monitor, and regulate internal bodily processes such as hunger, thirst, temperature, and emotional arousal. In this study, we analyzed all the prior research that had examined alexithymia and interoceptive awareness. Across 66 different studies, alexithymia was related to decreased interoceptive awareness. The relationship between alexithymia and interoceptive awareness was strongest in samples of people with ASD and other conditions. These results suggest that alexithymia and interoceptive awareness may be relevant across different diagnostic categories and offer a promising means of studying a reported area of difficulty for many adults with ASD.