

# Interoceptive Awareness and Emotion Regulation among Individuals with Depression and Anxiety: A Baseline Correlation Analysis

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## Abstract

Significant overlap exists in the precipitating and perpetuating factors of mood disorders such as depression and anxiety. Attachment-based literature notes that, along with hereditary and environmental factors, insecure attachment history may play a role in the development of a mood disorder, as important developmental skills related to emotion regulation may have been missed. Furthermore, studies have shown that interoceptive dysregulation is common in mood disorders: with anxiety, heightened attention to interoceptive cues may lead to hypervigilance to bodily signals and activate threat responses; and with depression, lack of attention or awareness to interoceptive cues has been linked to depressive symptoms. This research examines correlations between interoceptive awareness and emotion dysregulation among a population who meet criteria for depression with co-morbid anxiety symptoms. Results may provide quantitative evidence that supports the importance of somatic-based therapies like dance/movement therapy (DMT), an approach that primarily works with interoceptive awareness, and its effects on emotion regulation. This research is part of a larger randomized-controlled trial studying the efficacy of emotionally-focused individual therapy (EFIT) compared with treatment-as-usual among individuals with emotional disorders.

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