

## **Debriefing Form**

### **Project Overview:**

The project aims to explore the relationship between interoception (detection of emotional and bodily signal changes) and primal world beliefs (our perception of the world), both of which have been linked to post-trauma emotional regulation and mental well-being. Establishing this connection could provide new insights into the role of bodily sensations in shaping cognitive and phenomenological experiences.

Based on past research, we hypothesise that interoceptive ability is positively correlated with beliefs in the world being 'alive,' 'understandable,' and 'hierarchical'.

### **Status of the Study:**

Data collection for this study is ongoing, to protect the validity of our data, please refrain from sharing specific details about the study to future potential participants. Feel free to use non-descriptive phrases like “it was interesting”. Thank you.

### **Contact Information:**

If you have any questions or wish to receive the study results in the future, please contact us at [asf25@sussex.ac.uk](mailto:asf25@sussex.ac.uk)

**Thank you for your time and contribution to our research. Your help was really appreciated.**