



# Debriefing

The purpose of this study was to create and validate a new questionnaire measuring interoception. Interoception involves being aware of changes happening inside our bodies, both physiological (e.g., our heart rate) and emotional, and it plays a crucial role in how we perceive and experience the world around us. It has been related to emotion regulation, self-awareness and overall mental well-being.

**Thank you again!** Your participation in this study will be kept completely confidential. If you have any questions or concerns about the project, please contact [D.Makowski@sussex.ac.uk](mailto:D.Makowski@sussex.ac.uk). and/or [A.Neves@Sussex.ac.uk](mailto:A.Neves@Sussex.ac.uk)

To complete your participation in this study, click on 'Continue' and **wait until your responses have been successfully saved** before closing the tab.

**We apologize** for any stress caused by the quiz. Please note that **course credits are granted automatically**, regardless of quiz performance.

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