

Multimodal Interoceptive Inventory (MINT)

Instructions: "Please answer the following questions based on how accurately each statement describes you in general."

Scale goes from 0 (disagree) to 6 (agree)

Items

1. Sometimes my breathing becomes erratic or shallow and I often don't know why
2. I often feel like I can't get enough oxygen by breathing normally
3. Sometimes my heart starts racing and I often don't know why
4. I sometimes feel like I need to urinate or defecate but when I go to the bathroom I produce less than I expected
5. I often feel the need to urinate even when my bladder is not full
6. Sometimes I am not sure whether I need to go to the toilet or not (to urinate or defecate)
7. In general, my skin is very sensitive
8. My skin is susceptible to itchy fabrics and materials
9. I can notice even very subtle stimulations to my skin (e.g., very light touches)
10. I often only notice how I am breathing when it becomes loud
11. I only notice my heart when it is thumping in my chest
12. I often only notice how I am breathing when my breathing becomes shallow or irregular
13. I don't always feel the need to eat until I am really hungry
14. Sometimes I don't realise I was hungry until I ate something
15. I don't always feel the need to drink until I am really thirsty
16. During sex or masturbation, I often feel very strong sensations coming from my genital areas
17. When I am sexually aroused, I often notice specific sensations in my genital area (e.g., tingling, warmth, wetness, stiffness, pulsations)
18. My genital organs are very sensitive to pleasant stimulations
19. Being relaxed is a very different bodily feeling compared to other states (e.g., feeling anxious, sexually aroused or after exercise),
20. Being sexually aroused is a very different bodily feeling compared to other states (e.g., feeling anxious, relaxed, or after physical exercise)
21. Being anxious is a very different bodily feeling compared to other states (e.g., feeling sexually aroused, relaxed or after exercise)
22. In general, I am very sensitive to changes in my genital organs
23. I can notice even very subtle changes in the state of my genital organs
24. I am always very aware of the state of my genital organs, even when I am calm
25. I can always accurately feel when I am about to burp
26. I can always accurately feel when I am about to fart
27. I can always accurately feel when I am about to sneeze
28. I always know when I am relaxed
29. I always feel in my body if I am relaxed
30. My body is always in the same specific state when I am relaxed
31. I can notice even very subtle changes in my breathing
32. I am always very aware of how I am breathing, even when I am calm

33. In general, I am very sensitive to changes in my breathing
34. In general, I am very sensitive to changes in my heart rate
35. I can notice even very subtle changes in the way my heart beats
36. I often notice changes in my heart rate
37. I can notice even very subtle changes in what my stomach is doing
38. In general, I am very sensitive to what my stomach is doing
39. I am always very aware of what my stomach is doing, even when I am calm
40. I often check the smell of my armpits
41. I often check the smell of my own breath
42. I often check the smell of my farts
43. In general, I am very aware of the sensations that are happening when I am urinating
44. In general, I am very aware of the sensations that are happening when I am defecating
45. I often experience a pleasant sensation when relieving myself when urinating or defecating)

Attention Check: I can always accurately answer to the extreme left on this question to show that I am reading it

Dimensions

- Cardiac Confusion (1-3)
- Urointestinal Inaccuracy (4-6)
- Dermatoception (7-9)
- Cardiorespiratory Noticing (10-12)
- Satiety Noticing (13-15)
- Sexual Arousal Sensitivity (16-18)
- State Specificity (19-21)
- Sexual Organs Sensitivity (22-24)
- Expulsion Accuracy (25-27)
- Relaxation Awareness (28-30)
- Respiroception (31-33)
- Cardioception (34-36)
- Gastroception (37-39)
- Olfactory Compensation (40-42)
- Urointestinal Sensitivity (43-45)

Scoring

Add all items for each dimension

No reverse score items

Structure of the scale yet to be finalised

- 3 high-order clusters identified in the last version but not yet named

Note: Name of scale might change