Dear Editor,

We are pleased to submit our manuscript entitled “**The Mint Scale: A Fresh Validation of the Multimodal Interoception Questionnaire and Comparison to the MAIA, BPQ and IAS**”.

We believe that *Assessment* is the ideal outlet for this work, as interoception is becoming central to transdiagnostic models of psychopathology, yet its self‑report assessment suffers from conceptual confusion (mixing emotion regulation beliefs with bodily sensing), narrow modality coverage, and psychometric fragility. Assessment publishes work that advances measurement science with clear clinical and theoretical utility; our paper directly addresses these gaps by developing the Multimodal Interoception Questionnaire (“Mint”), a **psychometrically robust and hierarchically structured interoception measure** with demonstrated incremental predictive value for clinically relevant outcomes.

Some highlights include:

* **Comprehensive coverage**: Items systematically generated using a bottom‑up modality × context matrix, yielding dimensions related to visceroceptive processes (cardiac, respiratory, gastric), interoceptive awareness and deficits.
* State of the art **psychometric validation**: Unique Variable Analysis (UVA) + hierarchical Exploratory Graph Analysis (EGA) with bootstrapped stability across two large independent adult samples (N=559; N=737).
* **Demonstrated superiority** against the main existing measure**s**: Study 2 shows a superior convergent validity and predictive power for somatic health issues for the Mint compared against the most popular existing measures (MAIA, BPQ and IAS).
* **Transparency and reproducibility**: fully reproducible R workflow, de‑identified raw data + code + item bank + additional analyses and figures openly available on GitHub (https://github.com/RealityBending/InteroceptionScale).

This manuscript is original, not previously published, and not under concurrent consideration elsewhere. There is no conflict of interest to disclose. All authors have approved the manuscript and agree with its submission.

On behalf of all the authors,

Dominique Makowski

D.Makowski@sussex.ac.uk

**Potential reviewers:**

* **Jennifer Murphy** ([jennifer.murphy@surrey.ac.uk](mailto:jennifer.murphy@surrey.ac.uk)), expert in interoception questionnaires
* **Wilson Lim** ([wilson.lim.17@ucl.ac.uk](mailto:wilson.lim.17@ucl.ac.uk)), expert in interoception assessment
* **Tam Pham** ([tam.pham@mq.edu.au](mailto:tam.pham@mq.edu.au)), expert in psychophysiology
* **Micah Allen** (micah@cfin.au.dk), expert in body-brain connection
* **Alejandro Galvez-Pol** (a.galvez-pol@uib.es), expert in body-brain connection
* **Hudson Golino** ([hfg9s@virginia.edu](mailto:hfg9s@virginia.edu)), expert in network psychometrics
* **Sacha Epksamp** (sepskamp@nus.edu.sg), expert in network psychometrics
* **Rebecca Brewer** ([Rebecca.Brewer@rhul.ac.uk](mailto:Rebecca.Brewer@rhul.ac.uk)), expert in interoception
* **Olivier Desmedt** ([olivier.desmedt@uclouvain.be](mailto:olivier.desmedt@uclouvain.be)), expert in interoception
* **Nicolas Legrand** ([nicolas.legrand@cas.au.dk](mailto:nicolas.legrand@cas.au.dk)), expert in psychophysiology