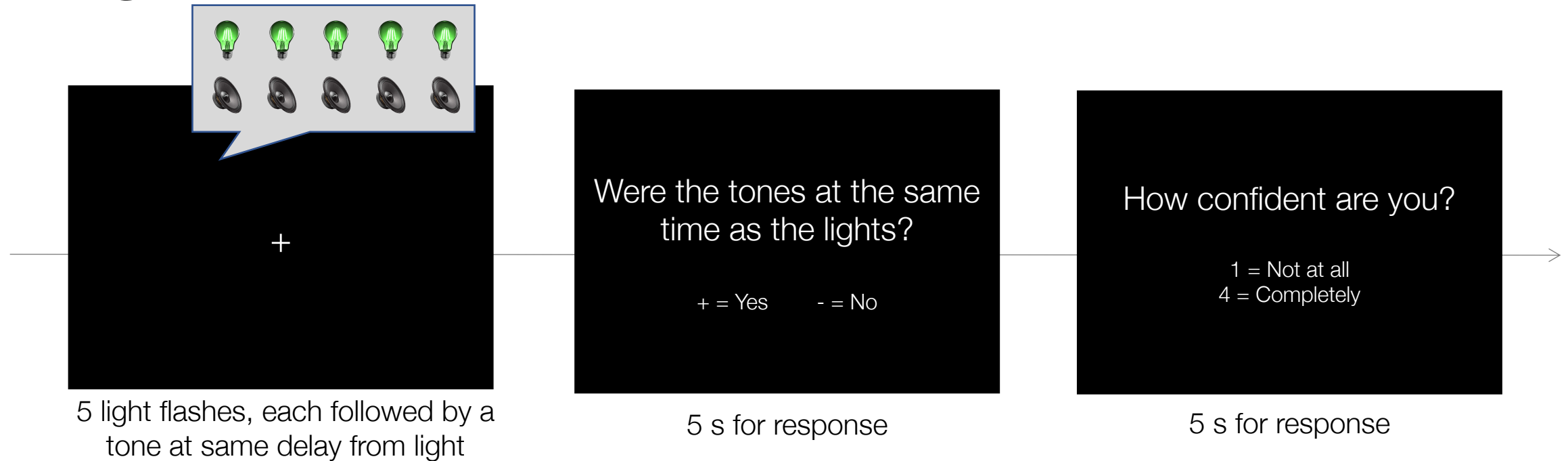


Interoception: Method of Constant Stimuli (MCS) Task

Brener, Liu, & Ring (1993)

- **Determine whether 2 stimuli are simultaneous**
- **5 stimuli pairs per trial** to form judgement on simultaneity
 - Stimuli pairs presented simultaneously (0 ms delay) or at 1 of 5 delays: 100 ms, 200 ms, 300 ms, 400 ms, 500 ms
- Allows for individual differences in the delay that participants perceive as simultaneous with their perception of their heartbeat

Light-Tone Trials

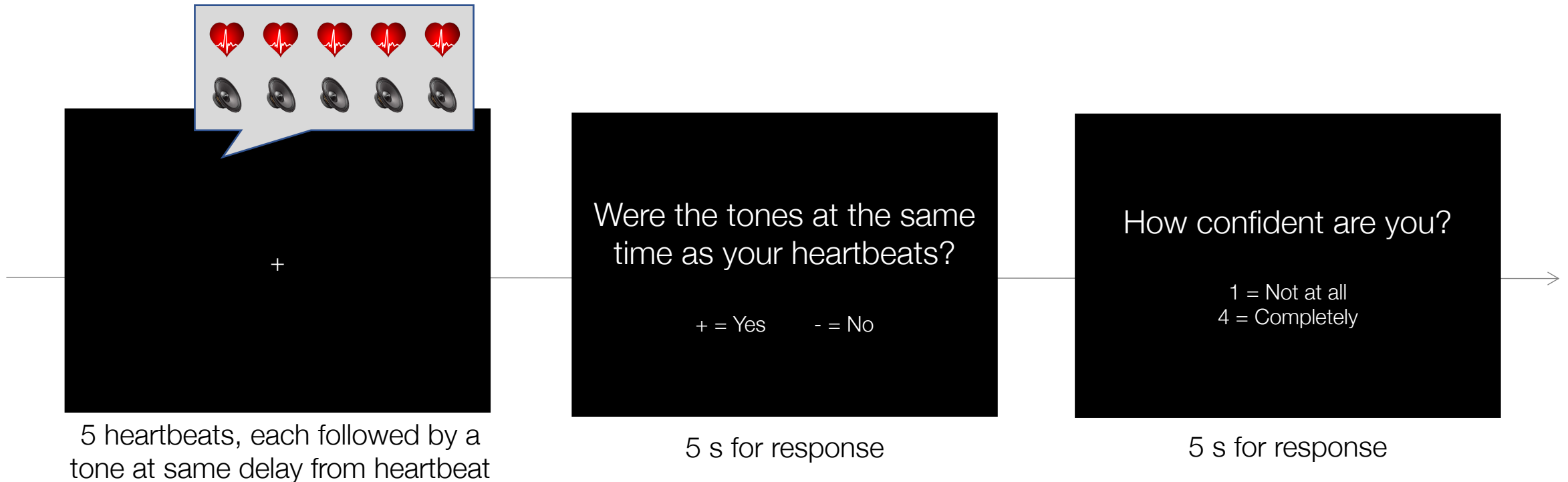


30 trials

Orient participants to task

Metacognitive Awareness = Confidence-Accuracy correspondence (r)

Heartbeat-Tone Trials

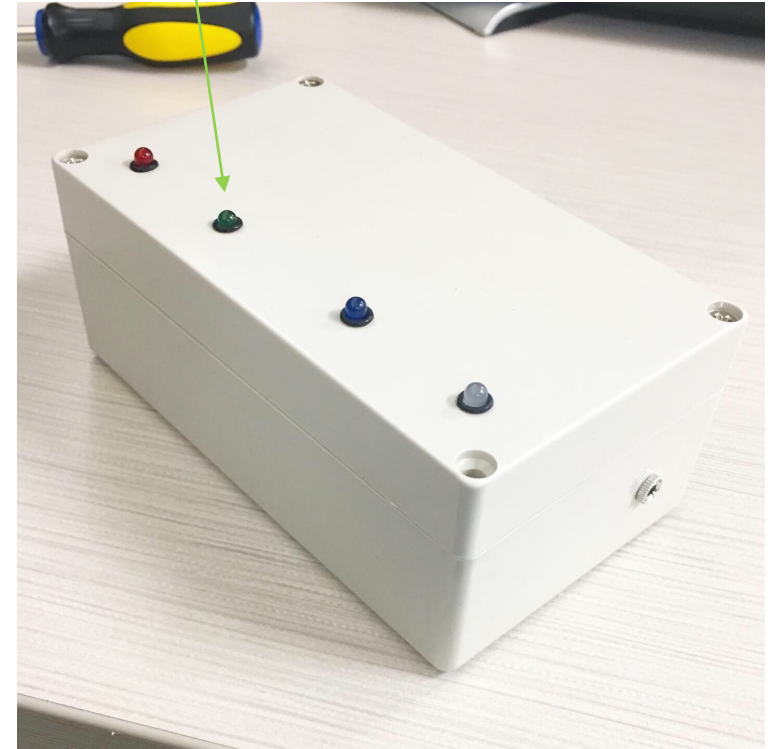
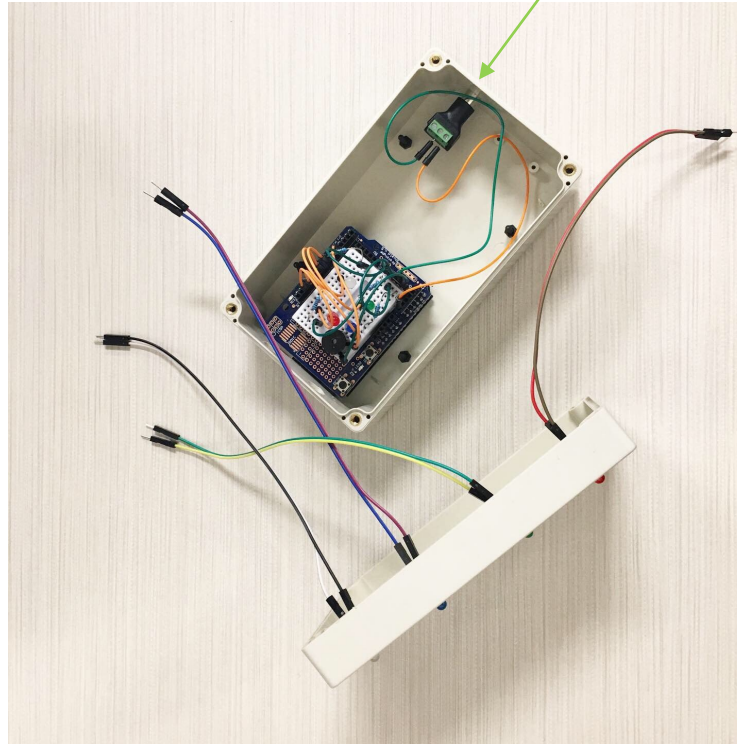
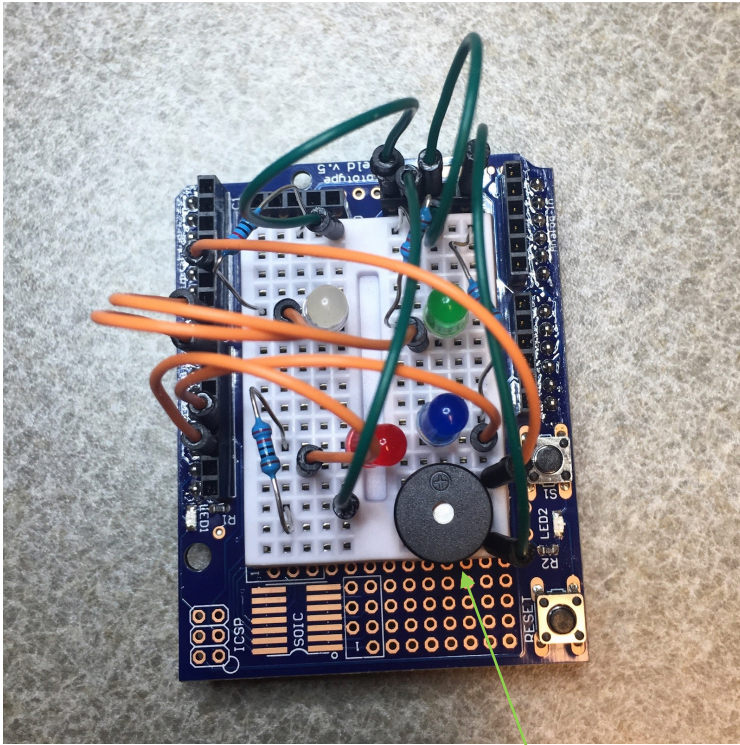


60 trials

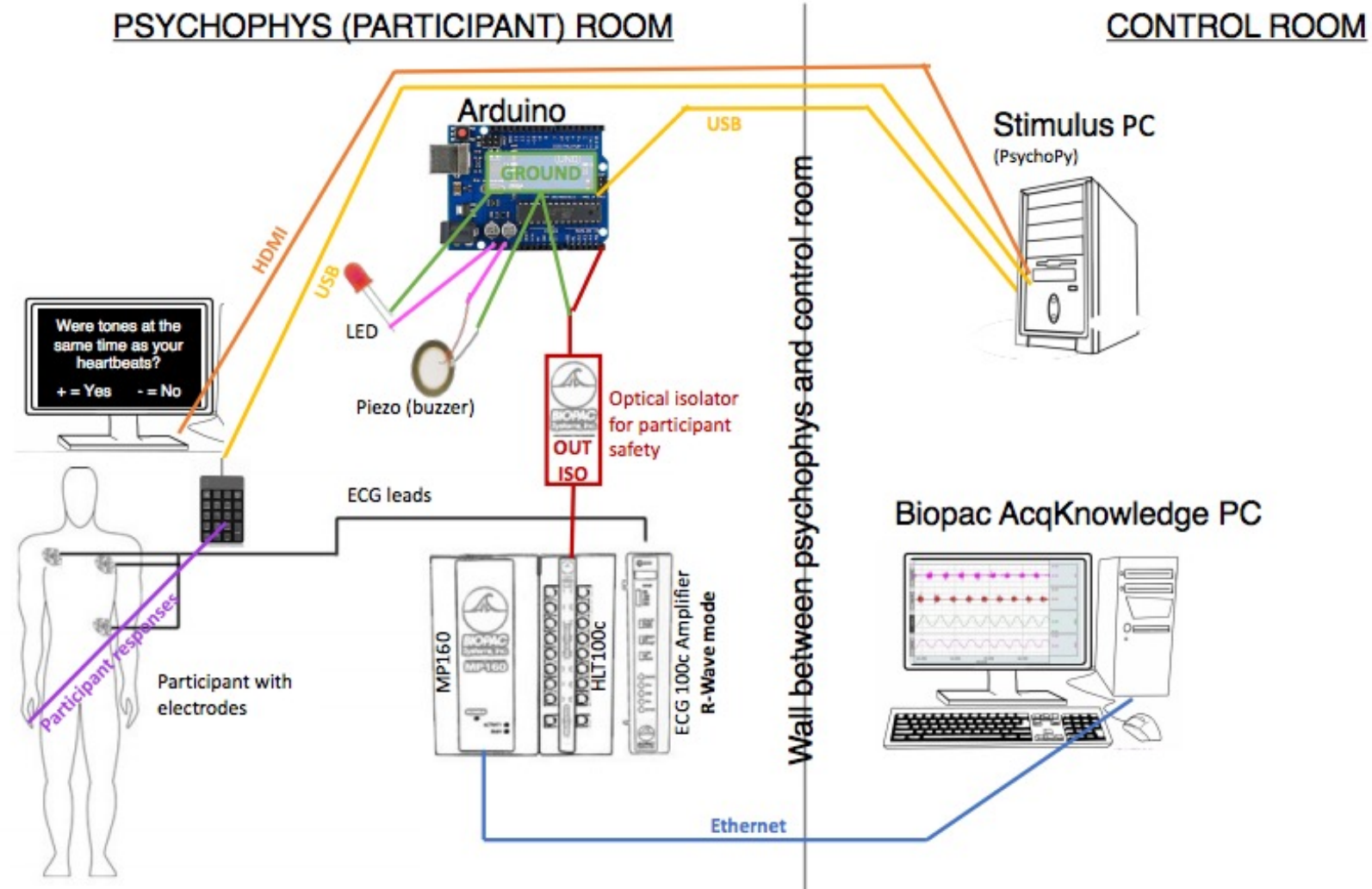
Interoceptive Accuracy = Degree to which the same heartbeat-to-tone delay is identified as simultaneous with heartbeats (IQR)

Hardware




<https://arduino.cc>



Hardware wiring



Measures

-  • **Interoceptive Accuracy:** Consistency of same delay identified as simultaneous
-  • **Interoceptive Insight:** Confidence-Accuracy correspondence
 - Requires high enough accuracy to compute (no universal accurate for heartbeat-tone trials)
-  • **Metacognitive Insight:** Confidence-Accuracy correspondence on light-tone trials