

Tuning into Your Body: The Impact of Interoception and Body Concerns on Adolescent Anorexia Nervosa

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INTRODUCTION

- Interoception is recognizing, interpreting, and regulating internal body cues.
- Interoceptive deficits (ID) impact emotion regulation, present-moment awareness, and cognitive flexibility.
- ID have been shown in anorexia nervosa (AN).

METHODS

- 92 adolescents (M=15.7 yrs; 85% female; 93% White) in AN treatment completed the Clinical Impairment Assessment (CIA), Eating Disorder Examination Questionnaire Shape (EDEQ-SC) and Weight Concerns (EDEQ-WC), and the Multidimensional Assessment of Interoceptive Awareness Trusting subscale (MAIA-T; experiencing one's body as safe).



Body distrust predicts weight and shape concerns in adolescent anorexia nervosa

RESULTS

- MAIA and EDEQ-SC and EDEQ-WC predicted CIA, $F(3, 85) = 61.57, p < .001$.
- EDEQ SC-predicted CIA ($\beta = .40, p = .007, CI [0.74, 4.66]$); EDEQ-WC did not ($\beta = .29, p = .06, CI [-0.05, 3.77]$).
- MAIA-T predicted CIA ($\beta = -0.25, p < .001, CI [-3.69, -1.01]$).
- In mediation, MAIA-T was associated with EDEQ-SC ($a1 = -0.73, p < .001$) and EDEQ-WC ($a2 = -0.77, p < .001$); both were associated with CIA.

- Total effects were significant ($c = -5.90, p < .001$), with reduced but significant direct effects ($c' = -2.47, p < .001$) showing partial mediation.

DISCUSSION

- ID, particularly not experiencing one's body as safe, is uniquely associated with AN symptoms and clinical impairment.
- Interventions targeting the recognition and acceptance of internal experiences could be important in AN treatment.