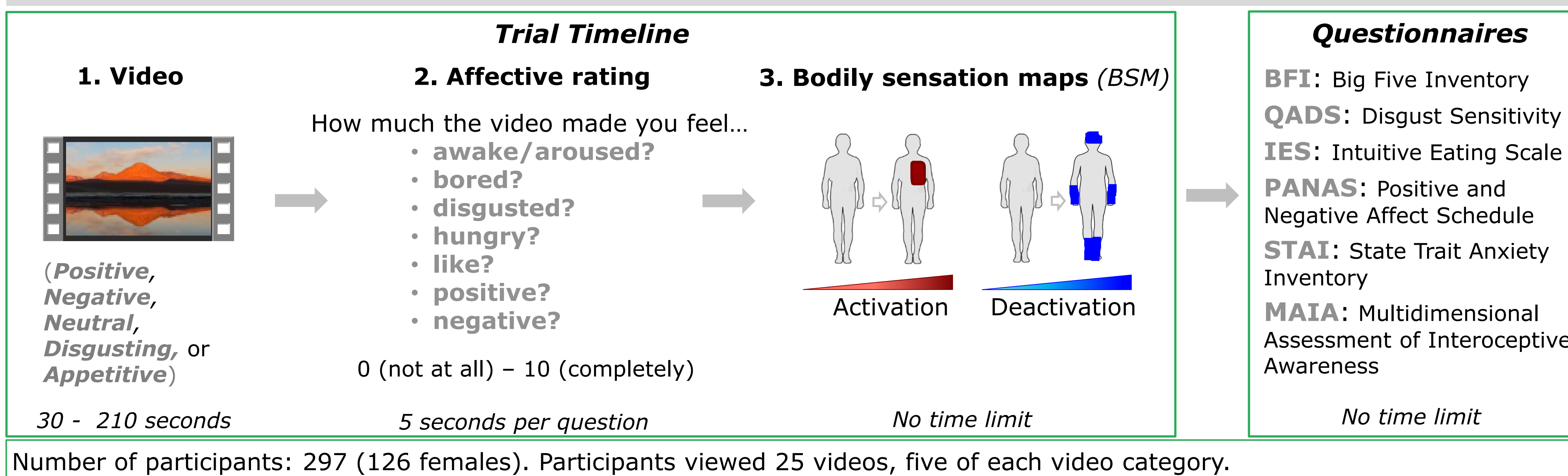


# Affective experiences predict interoception and personality

## Background

- Emotional stimuli trigger changes in affect accompanied by changes in bodily sensations<sup>1,2</sup>, which differ among people.
- Constructivist theories underly the importance of exploring inter-individual variability in these responses across different dimensions (valence, arousal, etc).<sup>3</sup>
- Traits like personality, interoception, anxiety could, therefore, be an important driver of inter-individual variability.

## Design



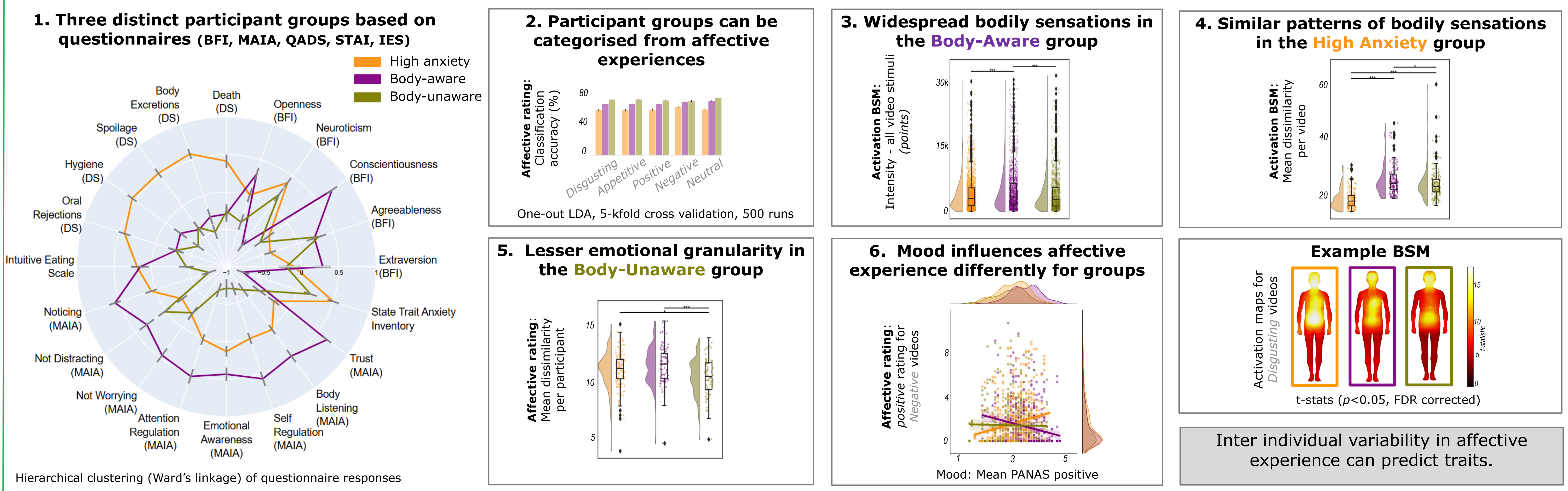
Number of participants: 297 (126 females). Participants viewed 25 videos, five of each video category.

## Goal

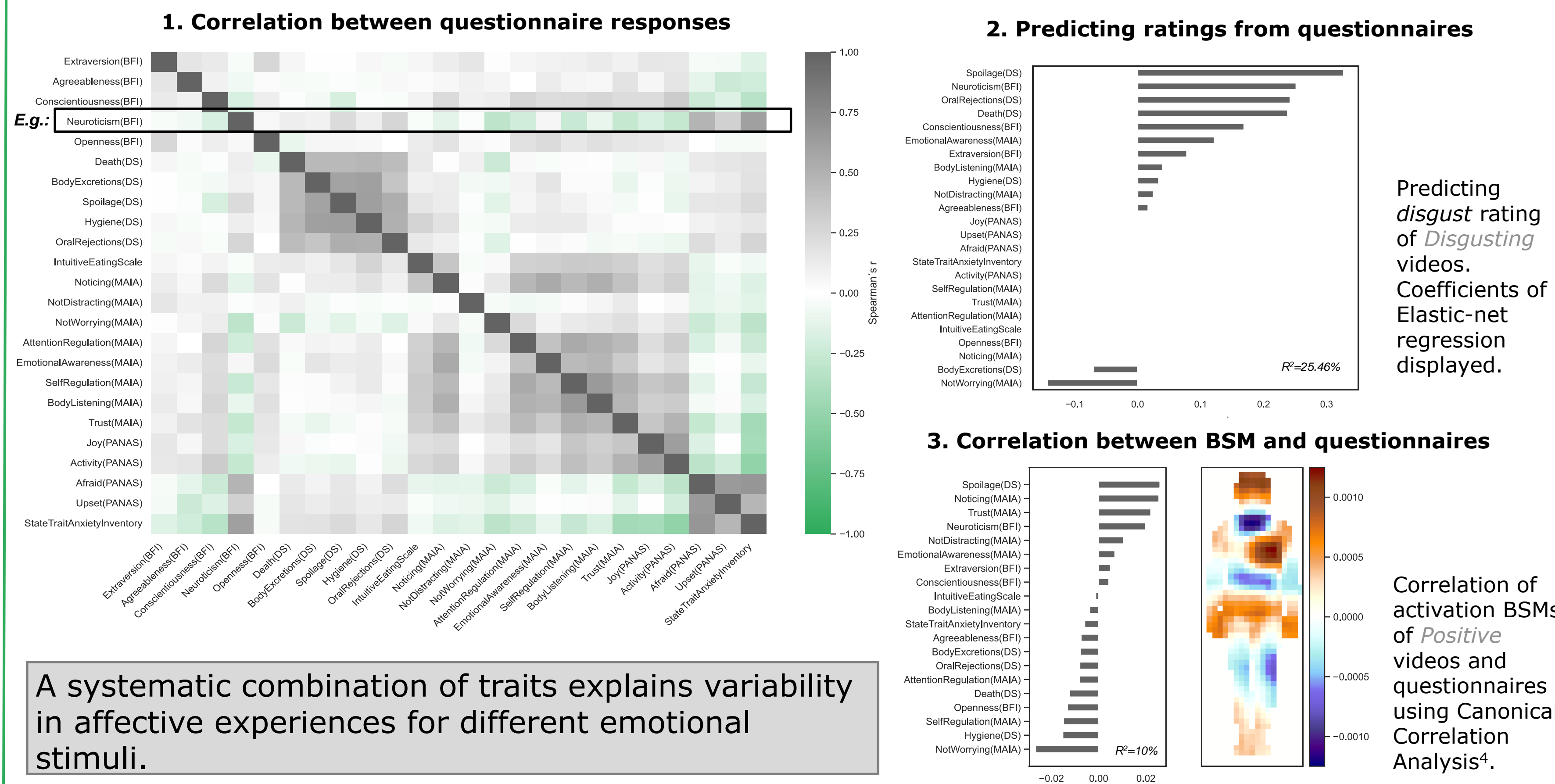
- Predict traits from subjective reports of affective experience, by exploring inter-individual variability in responses to different emotional stimuli.
- Uncover the hidden structure of the correlation of traits that systematically influence affective experience.

## Results

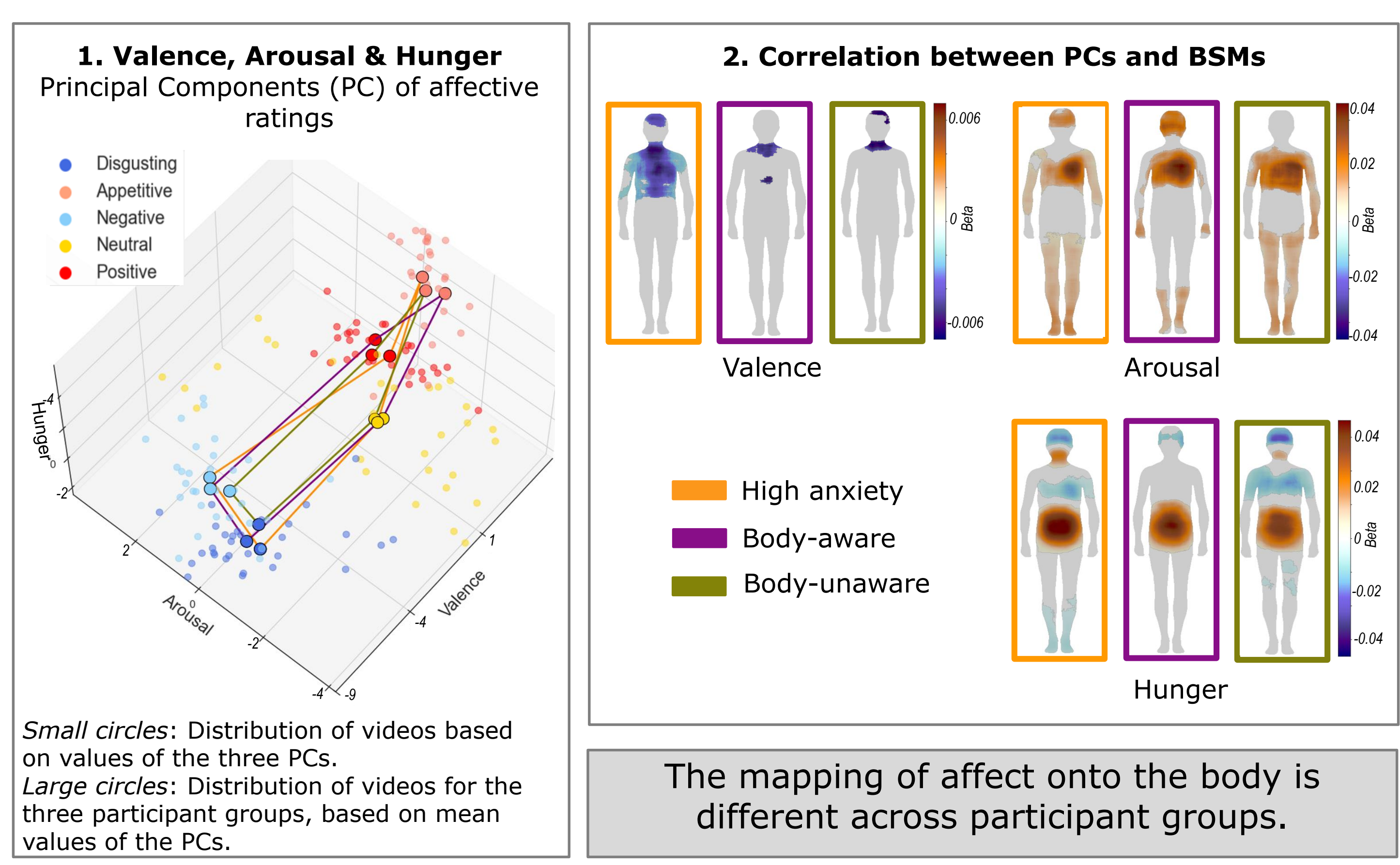
### A. Differences in affective ratings and bodily sensations among participant groups



### B. Systematic combination of traits



### C. Correlation between ratings and bodily sensations



## Conclusion

- Inter-individual variability in affective experience is systematically linked to interoception, personality and mood, emphasizing the embodied nature of emotions.
- Potential implications for understanding emotional experiences and their association with personality traits, extending to clinical populations.

- Department of Decision Neuroscience and Nutrition, German Institute of Human Nutrition (DIfE), Potsdam-Rehbrücke
- Charité – Universitätsmedizin Berlin, corporate member of Freie Universität Berlin, Humboldt-Universität zu Berlin, and Berlin Institute of Health, Neuroscience Research Center, Berlin
- German Center for Diabetes Research (DZD), Munich-Neuherberg
- Charité – Universitätsmedizin Berlin, Einstein Center for Neurosciences Berlin,

aureen.dsouza@dife.de  
ignacio.rebollo@dife.de

\* Equal contribution

- Nummenmaa et al., 2018
- Volynets et al., 2020
- Barrett et al., 2018
- Mihalik et al., 2022