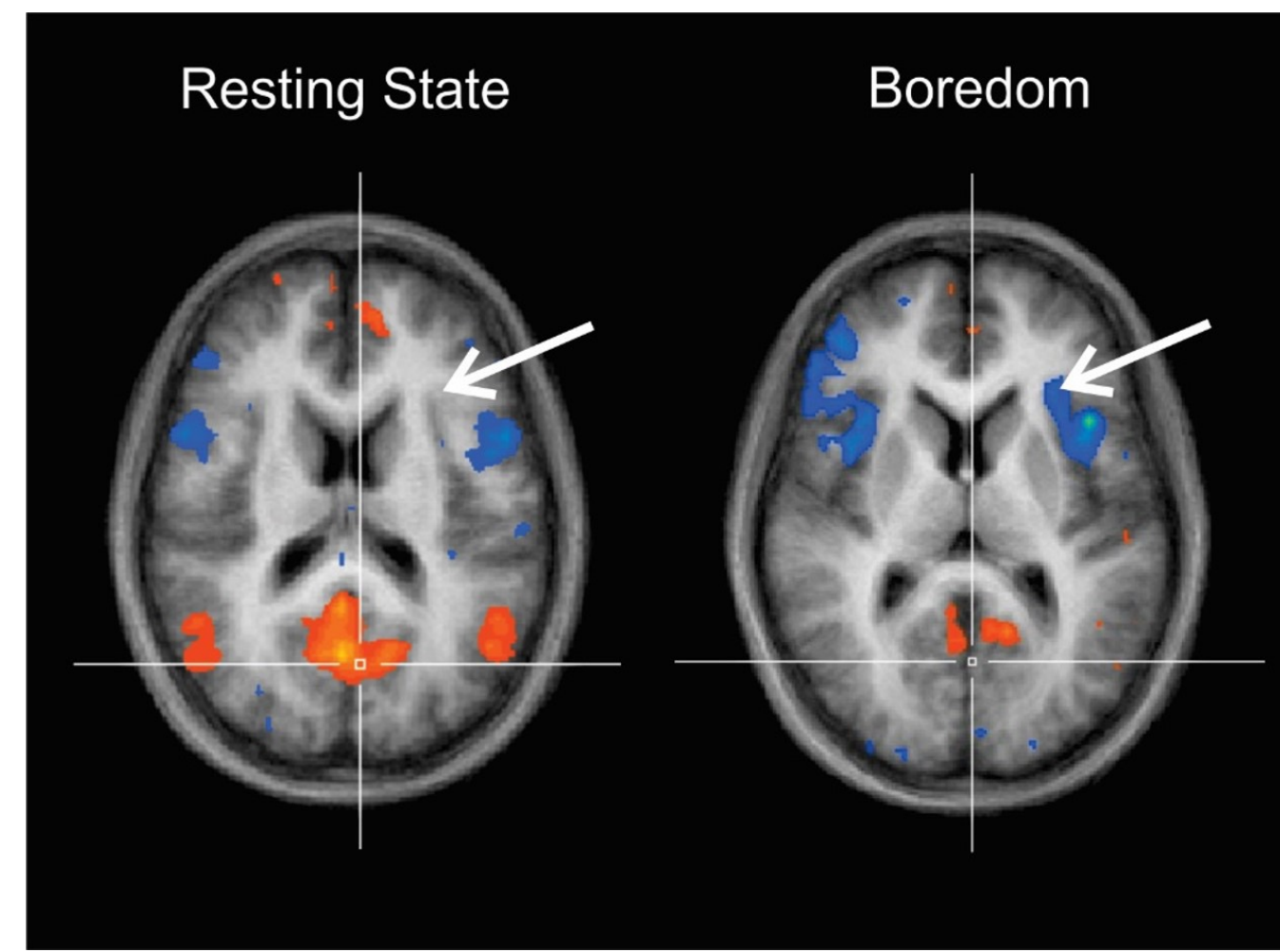


Affective regulation and trait boredom: The role of interoception

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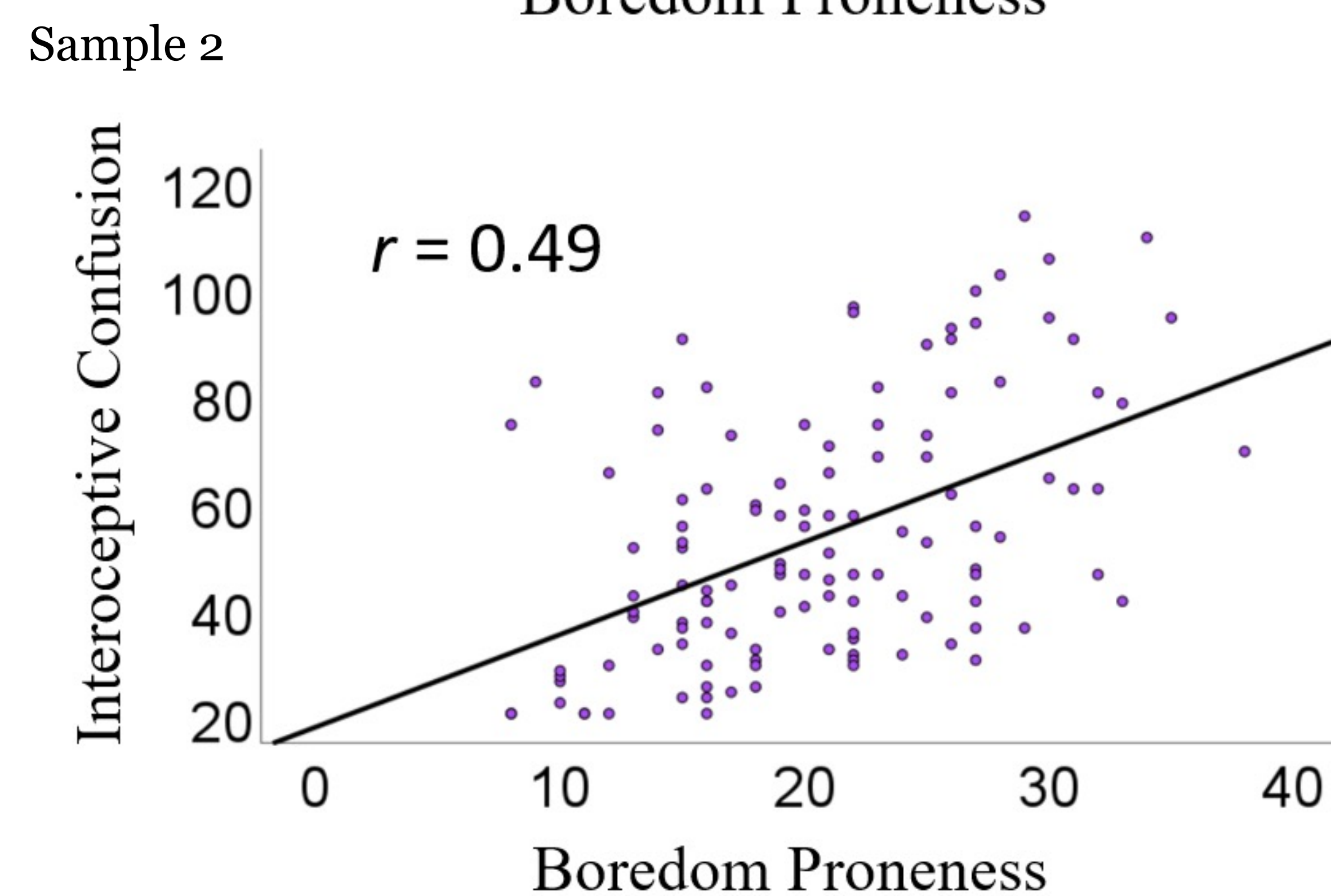
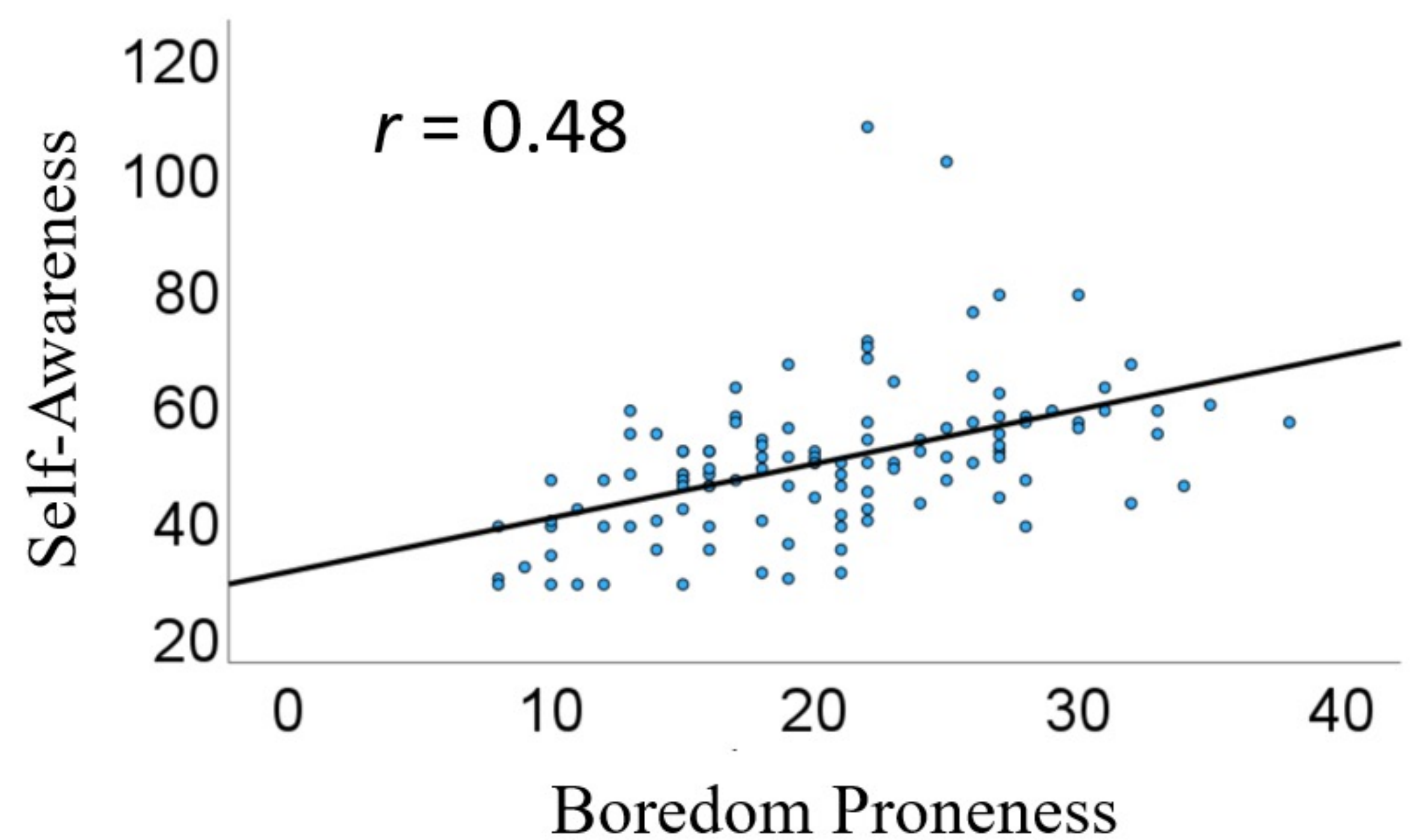
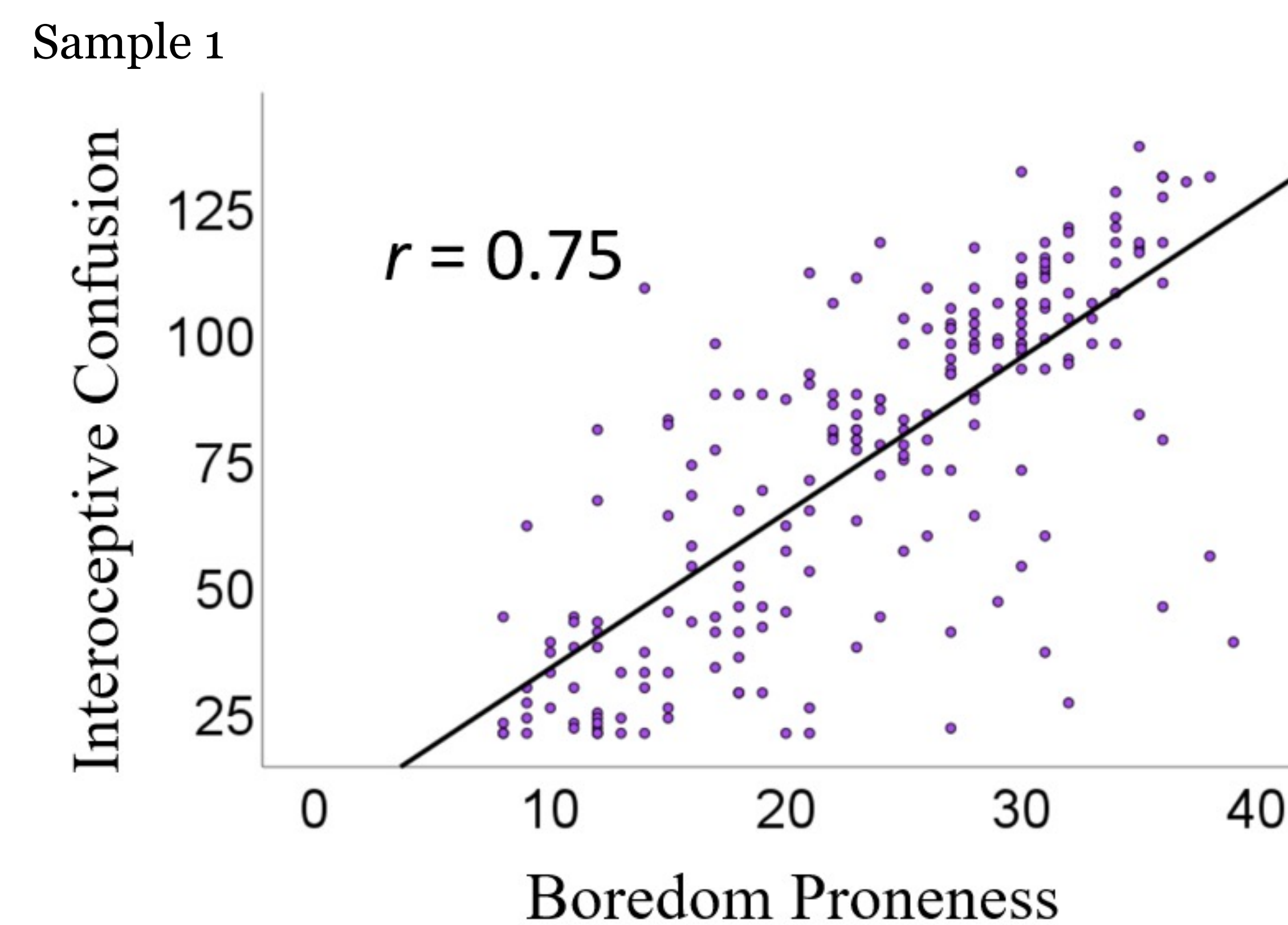
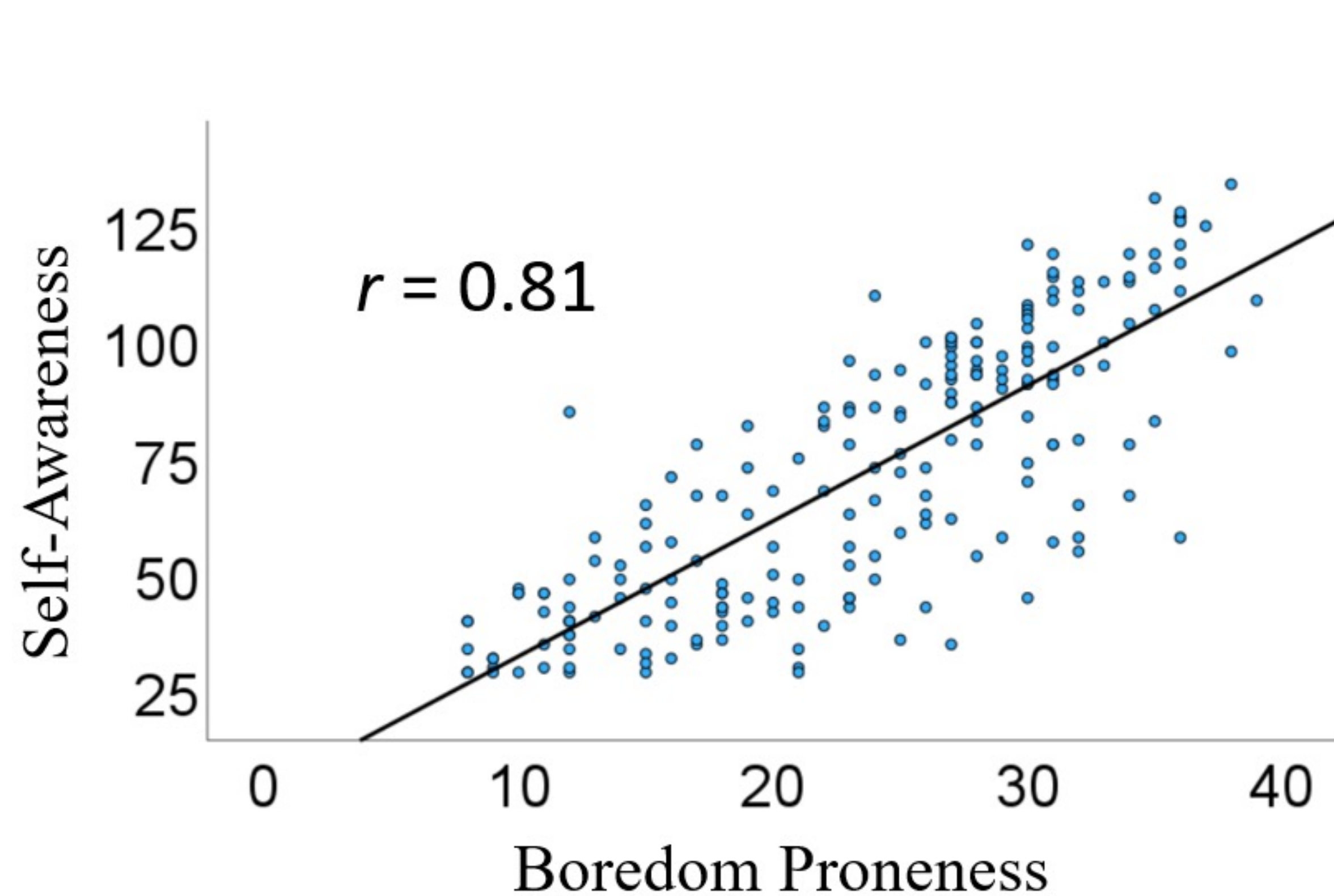
Why interoception?



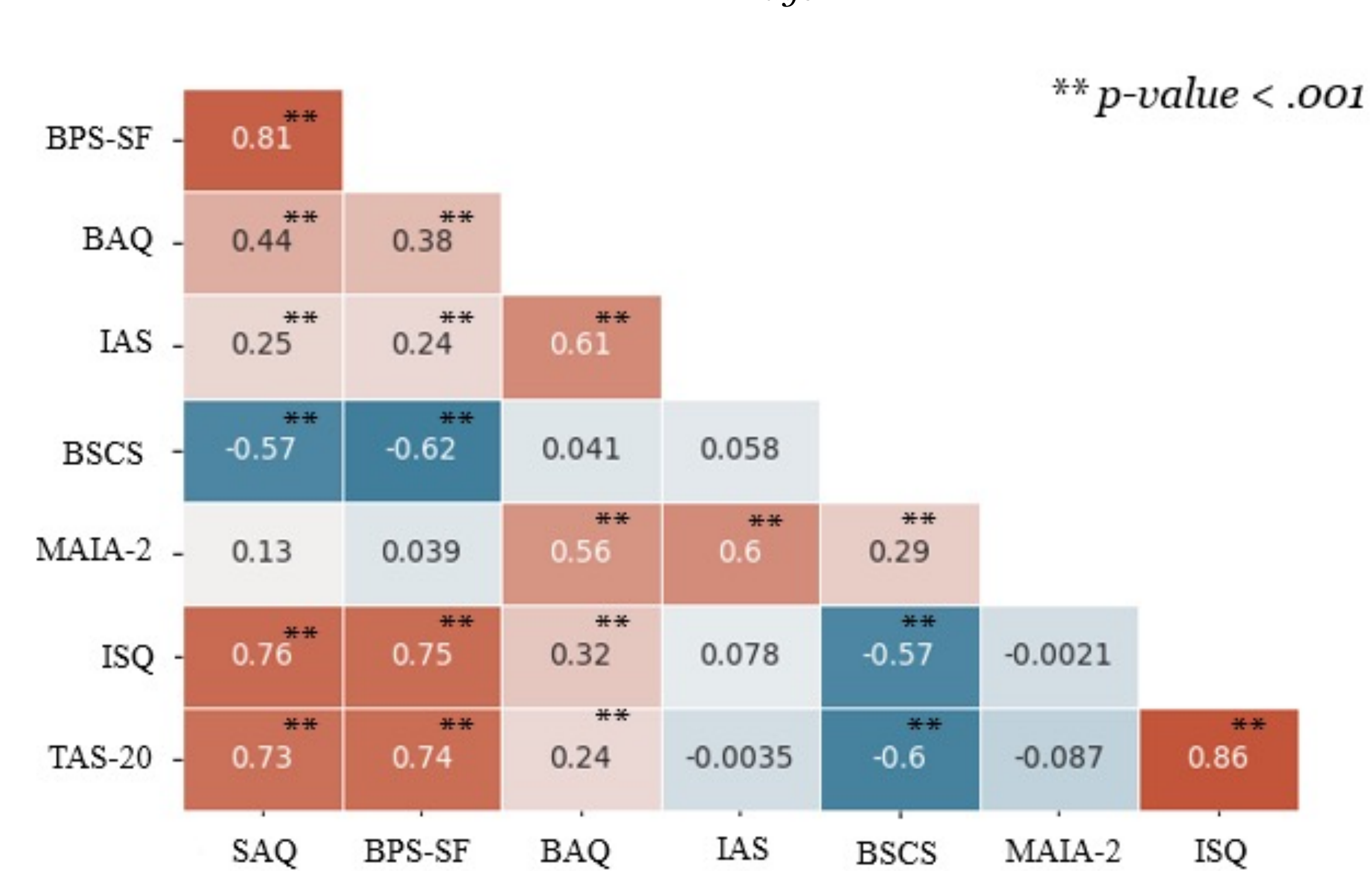
- When bored the anterior insular cortex is down-regulated in the brain¹
- Highly boredom prone individuals self-report high level of alexithymia: the inability to label emotions²
- Interoceptive sensations involve the anterior insula and are important for predicting and possibly labeling affective or emotional states³

Could the inability to represent correctly one's internal signals in the insular cortex play a key role in boredom proneness?

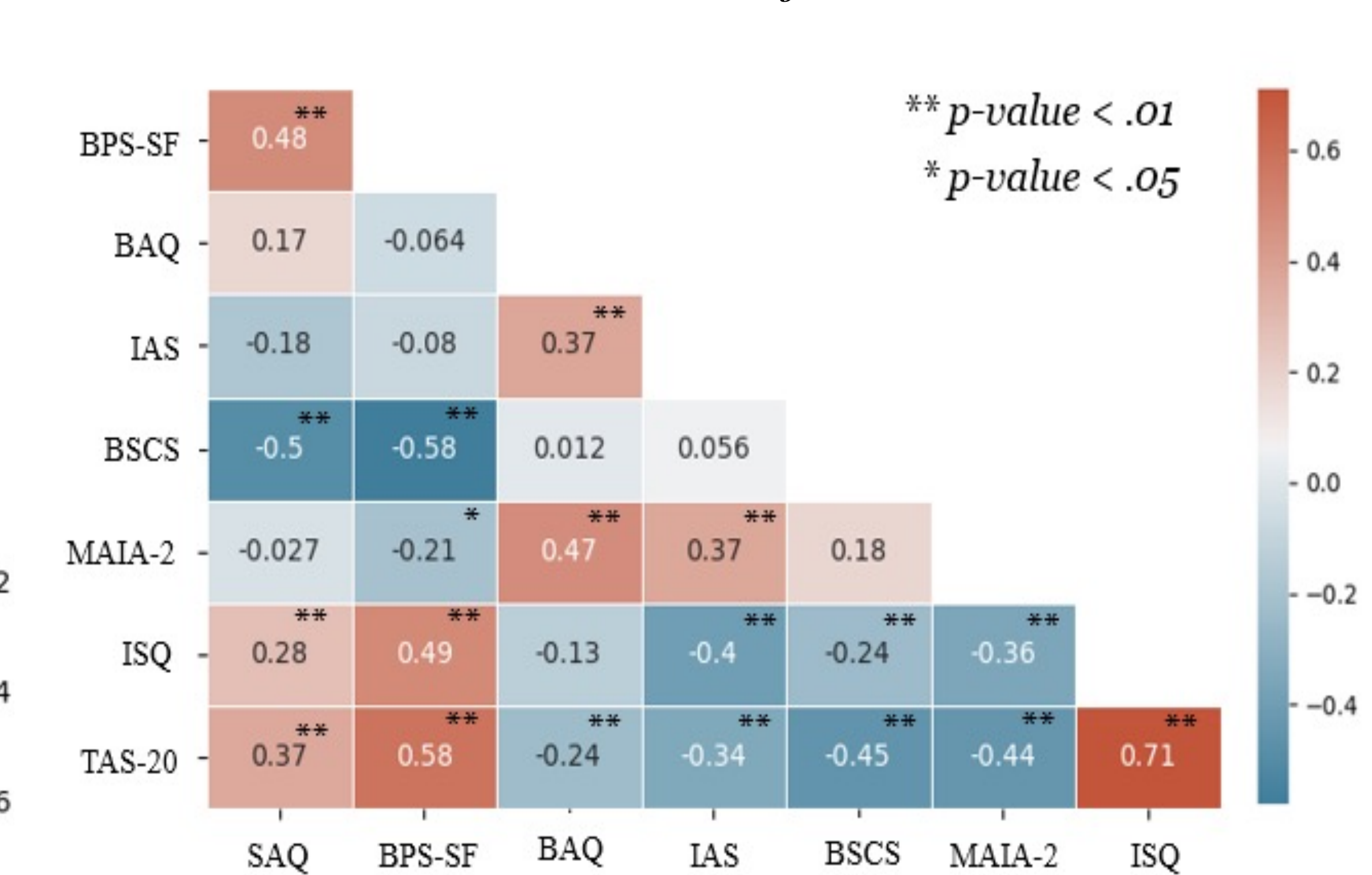
What is the connection between boredom proneness and interoception?



Sample 1: N=226 (112F, M_{age} = 38.65, SD=11.02)



Sample 2: N=124 (45F, M_{age} = 37.55, SD=10.75)



Measures:

- 1) Self-Awareness Questionnaire (SAQ)
- 2) Shortened Boredom Proneness Scale (BPS-SF)
- 3) Body Awareness Questionnaire (BAQ)
- 4) Interoceptive Accuracy Scale (IAS)
- 5) Brief Self-Control Scale (BSCS)
- 6) Multidimensional Assessment of Interoceptive Awareness (MAIA-2)
- 7) Interoceptive Sensory Questionnaire (ISQ)
- 8) Toronto Alexithymia Scale (TAS-20)

Self-Awareness Questionnaire (SAQ)
Longarzo, M., D'Olimpio, F., Chiavazzo, A., Santangelo, G., Trojano, L., & Grossi, D. (2015)

- I feel pain extremely.

Interoceptive Sensory Questionnaire (ISQ)
Fiene, L., Ireland, M. J., & Brownlow, C. (2018). A scale to measure interoceptive challenges in adults.

- I have difficulty making sense of my body's signals unless they are very strong.

Highly aware but confused

- Boredom prone individuals may attend inordinately to their internal states and have weaker capacity to make sense of what they perceive.
- Difficulty with labeling accurately their bodily sensations may partly explain the inability to predict which activity is most likely to attenuate boredom; thereby perpetuating the experience.

References

1. Danckert, J., & Merrifield, C. (2018). Boredom, sustained attention and the default mode network. *Experimental brain research*, 236(9), 2507-2518.
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3. Barrett, L. F. (2017). The theory of constructed emotion: an active inference account of interoception and categorization. *Social Cognitive and Affective Neuroscience*, 12, 1-23.