



# Interoception in men and women

By Dr. Jennifer Murphy

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A body of research suggests men and women differ with respect to interoception (the perception of the body's internal state). Compared to men, women exhibit poorer interoceptive accuracy and yet pay more attention to internal signals. These differences may explain, in part, previously reported differences in mental and physical health. In this talk I will give an introduction to the topic of interoception and the relationship between interoception and mental health. I will then discuss evidence for differences between men and women, considering the biological (sex) and social (gender) mechanisms that may underpin differences in interoception and the implications of these differences for understanding differences in mental health.

Recent publications include:

Sex differences in interoceptive accuracy: A meta-analysis Prentice, F & Murphy, J. 18 Nov 2021  
Neuroscience and biobehavioral reviews.

Murphy, J., Viding, E & Bird, G., (2019). Does atypical interoception following physical change contribute to sex differences in mental illness? *Psychological Review*, 126(5), 787–789.



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