Interoceptive influences on emotion and cognition

Feelings, perceptions and memories are shaped by visceral afferent information. Emotion, attention and learning are supported by brain systems that also control and represent the internal physiological state of the body. Neural signals concerning heartbeats selectively enhance the appraisal and encoding of threat, while individual differences in the interoceptive sensitivity moderate these influences on cognition and behaviour. The framework of interoception can be usefully applied to understand adaptive and dysfunctional decision-making, psychiatric disorders and, by extension, to aspects of self-representation.