



## Interoception and Women's Health

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### Message from the Guest Editors

Recent research suggests that *interoception*—which refers to the processing of internal bodily states (for example, feeling your heartbeat, or sensations of hunger and fullness)—is an important component of physical and mental health and wellbeing. Importantly, sex differences in interoception have been documented in a range of studies, with the current body of research indicating that women are less accurate at perceiving interoceptive signals and yet report more attention to interoceptive signals compared to men. Given the known links between interoception and physical and mental health, key questions for scholars to consider are the extent to which sex differences in interoception relate to sex differences in physical and mental health, and whether there are associations between interoception and issues that are specific to women.

In this Special Issue, we are interested in research examining the interplay between interoception and the unique healthcare needs and challenges that women face, recognising the complex interplay between female biology and the socio-cultural factors that affect women's health and wellbeing throughout their lives.





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