

Self-Other Distinction Self-reported Questionnaire (SOD-SRQ): A multidimensional scale to measure self-other distinction in the everyday life of healthy and clinical populations

Symposium: Impaired Self-Other Distinction across mental disorders: converging evidence and novel techniques

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Understanding others...

How do I get a quick sense of what someone is doing/feeling/thinking ?

Self-other sharing: the mere perception of some (indirect) visible signs of someone's mental state activates our own associated representations as if experiencing it in his/her stead.

→ **Many questionnaires! Focus how sensitive to the other; conflated with emotional contagion!**

How do I tease apart which is my mental state from which is that of someone else?

Self-other distinction (SOD): [...] allows us to detect and prevent confusion and interferences between self- and others' mental states → Without SOD, there is no true empathy

→ **No questionnaire! Sensitive to the other not enough to be good at understanding others**

→ **Everyday confusion and interferences = *egocentric biases* and *altercentric biases***

Altercentric bias: The other person's inferred experience, knowledge, and beliefs is **biasing** my own think

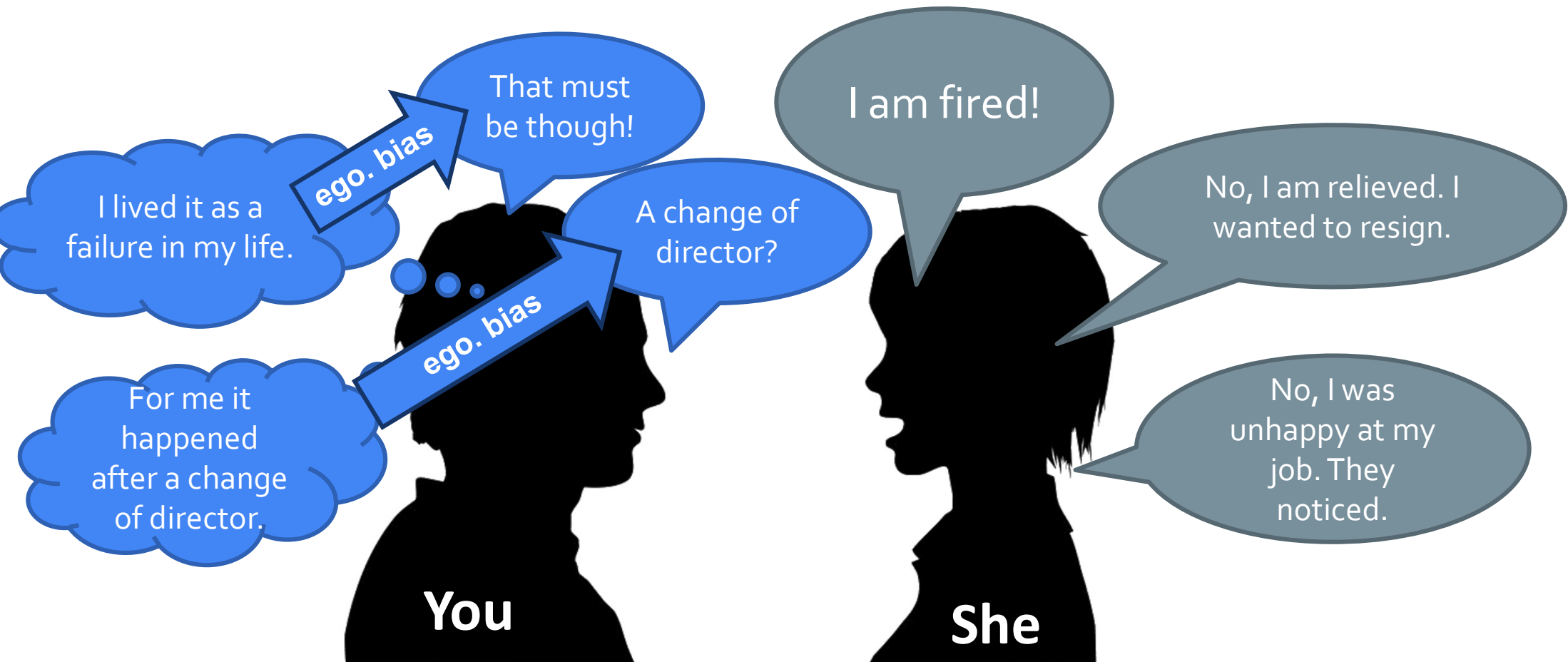
(despite I didn't want to infer her viewpoint, neither to be influenced by it)

If the other person has different experiences/knowledge/beliefs

→ **inaccurate guess of what I experience/know/believe for myself**



Egocentric bias: I tend to use my *own egocentric* experiences, knowledge, and beliefs to guess what someone thinks....even if she has different experiences/knowledge/beliefs
→ **inaccurate guess of what she experiences/knows/believes**

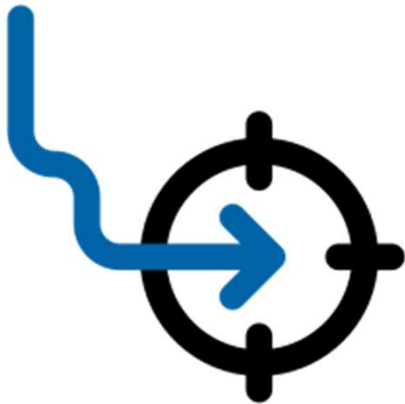


Scientific Goals of the Project



Research gap

No SOD questionnaire exist



Goal

To develop & validate the first self-report questionnaire (SOD-SRQ) assessing SOD difficulties in everyday life