

S-3D5**Interoceptive phenomenology in gaming**

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Background: Gaming is a powerful modulator of physiological and affective states, which may contribute to its addictive potential. These internal bodily changes are perceived through a process called interoception, which may thus represent a central mechanism in the development of gaming disorder. This hypothesis is consistent with theoretical models postulating that interoceptive alterations contribute to addictive disorders. In the present study, we aim to pave the way for the study of interoceptive processes in gaming behavior and disorder. **Methods:** We will examine the bodily sensations experienced by gamers during typical gaming sessions. To this end, we will use an innovative body-mapping methodology that assesses the core dimensions of interoceptive phenomenology: valence and intensity of bodily sensations. Our main hypotheses are that gaming involvement and disorder will be associated with more positive and less negative bodily sensations during gaming (vs. before). **Results:** Ethical clearance has been obtained. Data collection will end in January 2024. **Conclusion:** To our knowledge, these core hypotheses have never been empirically tested. Yet, if confirmed, they would provide the most fundamental evidence that conscious interoception plays a role in gaming behavior. Finally, we will discuss future steps for investigating the mechanisms underlying this role.

Keywords: interoception, gaming disorder, bodily sensations