**SUPPLEMENTARY MATERIAL**

**Disentangling Interoception Abilities in Alexithymia**

**Studies investigating the link between alexithymia and interoception.**

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| *Interoceptive component* | *Author(s)* | *Year* | *Interoceptive measure(s)* | *Alexithymia measure(s)* | *Results* |
| **ISb** | (Zamariola, Maurage, Luminet, & Corneille, 2018) | 2018 | MAIA | TAS-20 | Decreased |
|  | (Muir, Madill, & Brown, 2017) | 2017 | MAIA | TAS-20 | Decreased |
|  | (Brewer, Cook, & Bird, 2016) | 2016 | ICQ | TAS-20 | Decreased |
|  | (Scarpazza, Ladavas, & di Pellegrino, 2015) | 2015 | BPQ | TAS-20; DCPR | Increased |
|  | **(**Longarzo et al., 2015) | 2015 | SAQ | TAS-20 | Increased |
|  | (Ernst et al., 2014) | 2014 | BPQ | TAS-20 | Increased |
| **ISt** | (Nicholson et al., 2018) | 2018 | HPT | TAS-20 | No results |
|  | (Zamariola et al., 2018) | 2018 | HPT | TAS-20 | No results |
|  | (Murphy, Catmur, & Bird, 2018) | 2018 | Muscular effort; taste | TAS-20 | Decreased |
|  | (Murphy, Brewer, Hobson, Catmur, & Bird, 2018) | 2018 | HPT | TAS-20 | No results |
|  | (Bornemann & Singer, 2017) | 2017 | HPT | TAS-20 | No results |
|  | (Scarpazza, Sellitto, & di Pellegrino, 2017) | 2017 | HPT | TAS-20; DCPR | Increased |
|  | (Shah, Hall, Catmur, & Bird, 2016)\* | 2016 | HPT | TAS-20 | Decreased |
|  | (Shah, Catmur, & Bird, 2016) | 2016 | HPT | TAS-20 | Decreased |
|  | (Scarpazza et al., 2015) | 2015 | HPT | TAS-20; DCPR | Increased |
|  | (Herbert, Herbert, & Pollatos, 2011) | 2011 | HPT | TAS-20 | Decreased |
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*Notes*. Ist = Interoceptive Sensitivity; Isb = Interoceptive Sensibility; MAIA = Multimodal Assessment of Interoceptive Awareness Scale; HPT = Heartbeat Perception Task; ICQ = Interoceptive Questionnaire Confusion; BPQ = Body Perception Questionnaire; SAQ = Self Awareness Questionnaire; TAS-20 = 20-item Toronto Alexithymia Scale; DCPR = Diagnostic Criteria for Psychosomatic Research. \*Only the first study is included here; the second one involved individuals with autistic spectrum disorders.

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