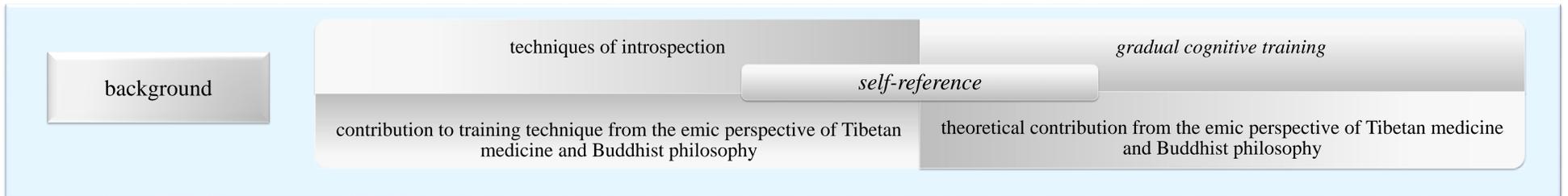


# Self-reference and emotion regulation through introspective training

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## study design of the quantitative study: 83 probands, 71 people in the waiting control group, individual training after six hours of teaching

**key techniques of training**  
(Attersee Anders, 2016, pg. 129, fig. 16)

**effects of training**  
(Attersee Anders, 2016, pg. 131, fig. 17)

**percentage of psychotherapists, psychotherapy patients and students**  
(Attersee Anders, pg. 169, fig. 31, modified)

**factor analysis**  
(Attersee Anders, 2016, pg. 211, fig. 44)

## significant changes in variables of the catamneses questionnaire between the time before training and one month of training

**t-test for connected samples,  $\alpha=0,05$**

**How intensely are you able to reflect on your physical perception?**  
 $p=0,032^*$ ,  $n=30$ ,  $M_1=15,37$ ,  $M_2=13,80$ ,  $SD_1=3,72$ ,  $SD_2=3,90$ ,  $KI=0,15-2,99$ ,  $t=2,26$

**How intensely can you observe focused strength?**  
 $p=0,021^*$ ,  $n=30$ ,  $M_1=11,27$ ,  $M_2=13,67$ ,  $SD_1=5,74$ ,  $SD_2=4,60$ ,  $KI=-4,40(-0,40)$ ,  $t=-2,45$

**How intensely can you observe awake relaxation?**  
 $p=0,033^*$ ,  $n=30$ ,  $M_1=10,77$ ,  $M_2=12,60$ ,  $SD_1=4,90$ ,  $SD_2=4,61$ ,  $KI=-3,51(-0,16)$ ,  $t=-2,24$

**How intensely can you observe internal expanse?**  
 $p=0,005^{**}$ ,  $n=29$ ,  $M_1=11,55$ ,  $M_2=14,10$ ,  $SD_1=4,95$ ,  $SD_2=5,39$ ,  $KI=-4,26(-0,85)$ ,  $t=-3,07$

	before training	after one month of training
reflection of physical perception	15,37	13,80
focused strength	11,27	13,67
awake relaxation	10,77	12,60
internal expanse	11,55	14,10

**significant changes in variables of the catamneses questionnaire between the time before training and after three months of training** (Attersee Anders, 2016, pg. 213, fig. 46)

**How intensely are you able to reflect on your own feelings?**  
 $p=0,026^*$  ( $n=16$ ,  $M_1=12,94$ ,  $M_2=16,31$ ,  $SD_1=5,32$ ,  $SD_2=2,52$ ,  $KI=-6,29(-0,46)$ ,  $t=-2,47$ )

**How intensely can you perceive (mental) clarity?**  
 $p=0,049^*$  ( $n=15$ ,  $M_1=11,73$ ,  $M_2=14,67$ ,  $SD_1=4,98$ ,  $SD_2=4,48$ ,  $KI=-5,85(-0,02)$ ,  $t=-2,16$ )

**How strongly are you able to distance yourself from your own thought patterns?**  
 $p=0,043^*$  ( $n=16$ ,  $M_1=9,00$ ,  $M_2=11,69$ ,  $SD_1=4,86$ ,  $SD_2=3,54$ ,  $KI=-5,27(-0,10)$ ,  $t=-2,22$ )

**How intensely can you distance yourself from your own emotions and emotional memories?**  
 $p=0,041^*$  ( $n=16$ ,  $M_1=8,19$ ,  $M_2=11,13$ ,  $SD_1=4,20$ ,  $SD_2=4,16$ ,  $KI=-5,73(-0,14)$ ,  $t=-2,24$ )

	before training	after three months of training
reflection of feelings	12,94	16,31
perception of mental clarity	11,73	14,67
distancing from one's own thoughts	9,00	11,69
distancing from one's own emotions	8,19	11,13

## study design of the qualitative study: 86 probands

**model structure**  
(Attersee Anders, 2017, pg. 25, fig. 1)

**essential aspects**  
(Attersee Anders, 2017, pg. 377)

essential aspects	essential aspects
1. slowing down [ES] fig. 13	14. self-confidence fig. 13
2. easing and relaxation [ES] fig. 3	15. clarity / emotional and cognitive clarity fig. 3
3. relaxation following strains [ES] fig. 3	16. bodily pulsation experience fig. 4
4. relaxing quality [ES] fig. 5	17. energisation fig. 5
5. releasing tension [ES] fig. 6	18. reflection on purposes in life
6. easing [ES] fig. 5	19. processing/ daily retrospection
7. harmonizing of body and mind [ES] fig. 7	20. relating to others: improving interaction with others
8. inner balance [ES] fig. 9	21. stress handling / focusing during stress
9. balancing body and mind [ES] fig. 9	22. dealing with thoughts fig. 9
10. creation of restfulness [ES] fig. 10	23. cognitive and emotional regulation
11. remaining in concentrated resting	23.1 controlling thought circles
12. not-being-left-out-of-quiet	23.2 emotion regulation
13. self-reference adjustment fig. 11	23.3 changed way of handling emotions
13.1 self-returning Abb. 3, reaching oneself fig. 6	23.4 improved handling with concerns and anxieties
13.2 gathering fig. 7	24. conscience/ awareness of oneself
13.3 centering fig. 3, fig. 5	25. developing an attitude of introspection
13.4 staying-to oneself fig. 8, fig. 13	26. understanding of body related issues fig. 7
	27. selfexploration

coding: ES = experience, E= effect, T= technique, ER= transient experience

**nine effects**  
(Attersee Anders, 2017, pg. 178, fig. 30)

**acquiring the techniques (in psychotherapists)**  
(Attersee Anders, pg. 193, fig. 27)

**integration** (Attersee Anders, 2017, pg. 188, fig. 35)

**changes in the empathy level**  
(Attersee Anders, 2017, pg. 154, fig. 26)