

Table 1. Information-processing mechanisms that could reduce emotional awareness and suggested interventions

Mechanism	Interventions
<i>Affective Response Generation</i>	
Absent physiological arousal responses	<ol style="list-style-type: none"> 1. Activate emotional responses through empathic conjecture 2. Promote expression of affect
Exaggerated physiological arousal responses	<ol style="list-style-type: none"> 1. Beta blockers to attenuate high arousal states 2. Cognitive therapeutic interventions involving identifying automatic situational interpretations and alternative interpretations 3. Exposure therapy 4. Acceptance and commitment therapy 5. Emotion Regulation Therapy
<i>Affective Response Representation</i>	
Expectation that affective sensations indicate physical health concerns	<ol style="list-style-type: none"> 1. Psychoeducation about bodily expression of emotions and the benign nature of most somatic sensations 2. Focusing—deriving emotional meaning from bodily sensations in context
Poor emotion concept acquisition due to impoverished early environments	<ol style="list-style-type: none"> 1. Psychoeducation—teaching emotion concepts 2. Practice identifying one’s own emotions, their causes, and the bodily sensations and behaviors that typically follow 3. Emotion-focused therapy
Expectation that information about emotions is unreliable or that emotional states are highly volatile	<ol style="list-style-type: none"> 1. Psychoeducation with regard to the value of emotions 2. Training adaptive emotion regulation habits (e.g., reappraisal, acceptance, etc.) 3. Dialectical Behavior Therapy 4. Emotion Regulation Therapy
<i>Conscious Access</i>	
Reinforced patterns of attention that avoid cues to emotional information	<ol style="list-style-type: none"> 1. Attention bias modification 2. Mindfulness/meditation training (e.g., Mindfulness-Based Stress Reduction)
Conscious inaccessibility of emotional information	<ol style="list-style-type: none"> 1. Psychoeducation with regard to the value of emotions 2. Correcting emotion avoidance tendencies 3. Psychodynamic psychotherapy (analysis of defense)
Stress-induced reductions in working memory capacity (which prevent holding information about emotions in mind over time)	<ol style="list-style-type: none"> 1. Training adaptive emotion regulation habits 2. Interventions designed to counter impulsive behavior 3. Mentalization-based therapy

Adapted from **Table 1** in: Smith, Lane, et al. (2019).