

Title:

SPECIAL SESSION: Interoception: A Self-Regulatory Mechanism for Self-Management

Keywords:

Chronic diseases, Interoception and Self-management

Description/Overview:

This session highlights Dr. Solano's (Emerging nurse research awardee) body of work around the concept of Interoception. Interoception, the ability to sense the physiological condition within the body, may be acting as a self-regulatory mechanism for self-management. Challenges and opportunities for nursing research in Latin America will be explored.

References:

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2. Khalsa, S. S., Adolphs, R., Cameron, O. G., Critchley, H. D., Davenport, P. W., Feinstein, J. S., ... & Meuret, A. E. (2018). Interoception and mental health: a roadmap. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, 3(6), 501-513.
3. Solano, A. L., & Moore, S. (2018). Dimensions of Body-Awareness and Depressed Mood and Anxiety. *Western journal of nursing research*, 193945918798374-193945918798374.
4. Solano Lopez, A. L. (2018). Effectiveness of the Mindfulness-Based Stress Reduction Program on Blood Pressure: A Systematic Review of Literature. *Worldviews on Evidence-Based Nursing*, 15(5), 344-352.
5. Householder, M., Solano-López, A. L., Muñoz-Rojas, D., & Rivera, S. M. (2019). Reviving Human Research in Costa Rica. *Ethics & human research*, 41(1), 32-40.

Organizer

Ana Laura Solano, PhD
University of Costa Rica
School of Nursing
Invited Professor
Ciudad de la Investigación - Escuela de Enfermería
San José
Costa Rica

Author Summary: Dr. Ana Solano is a professor and researcher at University of Costa Rica. With the support of scholarships from the University of Costa Rica and the Ministry of Science and Technology, she graduated in 2016 from the PhD nursing program at Case Western Reserve University, Cleveland OH. This achievement made her part of the first generation of doctorally prepared nurses in Costa Rica. Dr. Solano's research interest is the biobehavioral mechanisms influencing chronic disease self-management.

Any relevant financial relationships? No

Signed on 04/17/2019 by Ana Laura Solano / MLF