Redtoad interview

KA: So if you're happy I'm just going to start recording now is that all OK?

Redtoad: Mmhm

KA: Great fantastic. Um (.) I'm just going to turn the volume up on my laptop a little bit so I can hear you nice and clear ((pause)) Mmkay so (.) first question about you is quite broad um but I wanted you to just tell me a little bit about yourself and some examples of things we could talk about might be things that you really like or really dislike or your hobbies or anything like that

Redtoad: Um well ((clears throat)) It is indeed a very broad question

KA: ((laughs))

Redtoad: I guess ((pause)) using your prompts (.) things that I do for hobbies are painting um listening to music sometimes writing music even (.) um (.) I (.) just quite like resting in my room (.) um (.) dislikes? Hm (.) Dislike crowded places. Not a fan of it ((laughs))

KA: Yeah I can relate to that

Redtoad: Um ((pause)) I dunno um favourite colour's orange ((laughs))

KA: Ooh that's a really nice one. I don't hear people say orange very often but orange is such a nice like warm colour

Redtoad: Yeah

KA: Yeah (.) cool cool. I'm trying to think I always find it difficult when people ask me that question as well but then we always have it in the beginning of our interviews. I think my favourite colour is maybe you know that really like deep purple that's like on like Cadbury's wrappers ((laughs)) It's a weird

Redtoad: Yeah

KA: But I ((stutters)) really like that colour. Maybe that's just because I really like chocolate ((laughs)) Cool

Redtoad: I think that's actually the opposite colour of orange as well

KA: Oh yeah

Redtoad: On the colour scale

KA: Yeah I think so ((laugh)) cool ((pause)) And what about your autism diagnosis? Can you remember how old you were when you received that diagnosis?

Redtoad: Um ((pause)) was it last year?

Mum: Yeah

Redtoad: Yeah so sixteen

KA: And did you find that it was kind of beneficial to you to have received that?

Redtoad: Um (.) definitely. I mean it's nice to be able to put a label (.) on ((pause)) how I'm different. But it's a good thing as well yeah

KA: Yeah definitely. That's something that we found with a lot of our participants actually because yeah a lot of participants in this study I'm doing have received a diagnosis a bit later in life um and they've found that something really positive because th- yeah it explains a lot of things that (.) were had kind of gone you know unexplained for some time (.) Um OK and what about um (.) with anxiety? What's been the sort of timeline with that? Has that been something you've always been a bit aware of or?

Redtoad: Um (.) so anxiety (.) I think I didn't always know (.) when it was happening (.) but (.) looking back (.) like looking back the past few months or so I've noticed that um (.) I've been anxious quite a lot of my life like um travelling is such a big anxiety inducing (.) thing for me (.) because um ((clears throat)) just thinking ohh how are you going to get to this place from this place and then going (.) like thinking ohh what if something goes wrong? Like it's not good to catastrophize however even the smallest thing changing could (.) be irritating

KA: Mm

Redtoad: And anxiety inducing

KA: Yeah yeah definitely. Um so do you think it kind of relates a bit to (.) I guess unpredictability of things can be a little bit anxiety inducing?

Redtoad: Um yeah definitely

KA: Yeah OK. And (.) This is a bit of sort of a conceptual question um but for some people I speak to for them their anxiety and autism they kind of exist as the same thing and you couldn't really you know tell where one starts and the other ends type thing. Um but then for others they say no you know (.) my- I've even had one participant say well actually they're kind of like opposites to each other in a way. Um so I just wondered for you personally how do you feel about it? Do you think your anxiety and autism are quite linked or quite separate?

Redtoad: ((pause)) right um (.) I think it really depends because the uh unpredictability aspect I think is quite um connected to my autism because um (.) autism ((pause)) the general stereotype of an autistic person is that they like things a certain way and to not change it and I'm quite like that I like a structure (.) um (.) However in other places I think the anxiety and the autism are separate because um (.) I quite like um ((clears throat)) ((pause)) I don't know what's the word (.) um ((pause)) experimenting or exploring like um different areas like painting and um like writing and researching into loads of very niche topics um (.) however the anxiety might stop me from doing that by going ohh um I don't have enough time for this or (.) things like that. So it really depends on the moment

KA: Yeah that's really really interesting. So yeah I guess there are times when they can al- almost like antagonise each other a little bit and then there are times that they're almost pushing you in different directions a bit (.) um yeah. Um now we're going to move on to some deeper questions about your experiences with anxiety now. Um and the first would just be if you were to describe how anxiety feels to you how would you describe it?

Redtoad: How it feels physically?

KA: Um

Redtoad: Or?

KA: Yeah I guess whichever would be most important to you and that actually the point you just raised as well links to what I would ask as a second question. So I feel like you've read my mind. That's so cool. Um yeah because with ((stutters)) anxiety we can split it of course into physical emotional like our thoughts and our behaviours as well and for different people different mixes of those things are important. Um so I guess just focusing first off- I mean we'll discuss all of them but what of those things is I guess most obvious to you when you're feeling anxious?

Redtoad: Um I think (.) the most obvious to me is probably um (.) the ((pause)) um (.) hm (.) the effect it has on (.) like ((pause)) aw um (.) dunno how to describe it. Um ((pause)) kind of like this is probably a really bad metaphor but it's kind of like playing hot potato. Like when I feel anxious it's kind of like playing hot potato. Like I just have to do everything really quick else I'll get (.) like overwhelmed

KA: I think that's a really good metaphor (.) um (.) but yeah I guess that kind of (.) I've had other participants talk about it what I what I think what I think would be kind of a similar thing um and they've described it as almost like the complete opposite of wanting to just stay still

Redtoad: Mm

KA: Where it's (.) they've got they described it as they need to keep moving but not necessarily physically moving but keep doing stuff

Redtoad: Yep

KA: And keep pushing ahead. Um ok and then as sort of (.) uh when you're feeling like that do you think there are certain like specific thoughts that make you feel this kind of need to (.) to keep going?

Redtoad: Um (.) What specific thoughts that cause this? Or specific thoughts that like keep it ongoing?

KA: Um I guess either or yeah but maybe we could talk about one (.) one at a time. If there's certain thoughts that trigger it first of all and then after we can talk about thoughts that keep it going

Redtoad: Um so thoughts that will trigger it is like thinking I'm going to be late for like something so either late to somewhere or late for (.) um (.) doing an assignment (.) or even ((pause)) late for just following my structure so ohh I've had dinner too late ((pause)) or um ((pause)) just in general I guess for lateness

KA: Mm yeah OK so definitely lateness is a is a trigger there. And I guess kind of alongside that this what we would say sort of in the research field of like (.) I guess change to routine or change to- yeah. Ok and then those thoughts that kind of maintain the anxiety once it's come on are they do they tend to be similar or

Redtoad: Um so I think there's definitely some that are similar. So like the repeating of ohh it's late and then this is then I'm going to be late for this like um (.) um (.) following the chain

KA: Yeah

Redtoad: Like just the whole thing breaks um ((pause)) I think also another thing that might maintain it is just um ((pause)) like doubt or negativity. So like once you think or I think um (.) oh I'm going to be late for this and then what'll continue the anxiety is like thinking ohh I was never going to do that on time or (.) like (.) just (.) negative thoughts

KA: Yeah yeah (.) Ok so it's almost sort of like a domino effect type thing?

Redtoad: Yeah

KA: Yeah yeah. Ok um (.) And of course what I tend to look at is more as you pointed out before the like physical side of anxiety. Um so are there certain physical feelings that you would associate with (.) with anxiety?

Redtoad: Um so physical areas- I think there's definitely like I feel my um heartbeat like all around my body um ((pause)) Quite intensely as well. And the feeling of um ((pause)) being hot and cold at the same time

KA: OK yeah

Redtoad: And with temperature fluctuating between the two ((pause)) Um ((pause)) and (.) difficulty breathing and um (.) as I said earlier like needing to be on drive like

KA: Yeah

((pause))

Redtoad: Yeah

KA: It's always interesting as well how there can be so much overlap between as you- you just said like the physical and then also the kind of behaviours and the thoughts as well they all kind of overlap a little bit um. (.) OK and the next question from this section is about something that not (.) uhh not all of our participants experience but maybe you do and that uh that is meltdowns and shutdowns. Um so have you have you heard of those terms first of all?

Redtoad: Um yeah I have

KA: Yeah and wo- do you have experience with either of the two?

Redtoad: ((laugh)) um yeah I definitely do

KA: OK

Redtoad: Um ((pause)) it (.) I guess it depends on the situation

KA: Mm

Redtoad: But (.) um ((pause)) I'll probably keep referencing this because it is quite a large trigger for anxiety but um the lateness aspect um if it's like really (.) um overwhelming me I'll might have a meltdown and (.) even if I don't mean it or something I'll just start throwing stuff or like it'll (.) go from anxiety to anxiety and anger or um (.) or might have a shutdown where I just go from being anxious and (.) running around the place to just being in my room for like hours

KA: Mm ((pause)) Yeah and in both of those there I guess you kind of said that anxiety is almost the triggering point fe- for both of them right um? ((pause)) If you were to explain kind of

how they come on I know you given me an example of a trigger there which would be lateness (.) um (.) but then I guess if we're looking at the timeline, how does that go on to develop into a meltdown or shut down?

Redtoad: So I think it's (.) the timeline would be the anxiety begins (.) um (.) I'm rushing around to try and find a solution to the anxiety and I think the next step would be that I can't find any immediate solution and they would all take too long and the anxiety keeps ramping up because as you can't find an immediate fix (.) um (.) it's just kind of like oh I can't do anything about that then. So then the next stage would be that the anxiety goes up even higher because then you're trying to think of more ways to do it. And I think that's when the meltdown would begin because you're just (.) going in a loop constantly and I don't think that's good for anyone's (.) mental health ((laughs))

KA: Yeah yeah. No it sounds really difficult to (.) to deal with. Um OK well thanks for sharing that I know some of these topics can be quite intense and not nice to be thinking about. Um the next questions that we're going to look at are err emotions more broadly than just anxiety um so can be a range of things here from extreme happiness to sadness or anger. Now there's something called alexithymia which I'm not sure if it's a term you'd come across before I hadn't heard of it until quite recently ((pause)) um but it basically describes a difficulty identifying and describing emotions and for a long time this was really really muddled up by researchers with autism and they kind of thought they were just the same thing. And now it seems like actually they're not necessarily the same thing but it is something that quite a lot of autistic individuals have experience with. So I just wondered if that is that something that you've ever felt like do you sometimes find it a bit difficult to work out exactly what you're feeling at a given moment?

Redtoad: Um so I definitely do experience this. I think I'm getting slightly better with it now. However it's still very difficult to separate um (.) like (.) oh how are you feeling? And um oh what's making you feel that? It's very difficult to separate those two things. So often if someone asked me "ohh um (.) do you feel happy at the moment?" I might answer with how like what's made me feel happy

KA: ((overlaps)) mm

Redtoad: ((overlaps)) like ((end overlap)) oh I'm happy because I'm doing this. It wouldn't be like the answer of ohh yeah I feel I'm happy da da da

KA: Yeah yeah. And I guess in circumstances where things are a bit muddled um (.) so say for example someone says to you like oh I have a surprise for you but you're not sure if you're going to like the surprise or not like the surprise um (.) I guess that's somewhere where some of our participants say that they find it a bit tricky to know if they're feeling really nervous in a bad way or really excited in a good way so I wondered if that kind of relates to something you've felt before?

Redtoad: Um ((pause)) surprises ((pause)) I guess ((pause)) I guess yeah definitely I do relate to that because um (.) I might I might know a little bit like oh I'm feeling nervous or oh I'm feeling happy. But I wouldn't know like what aspect those feelings are from. And I might not ((clears throat)) be able to link it to the surprise I might disconnect those two things when they're actually connected

KA: Yeah

Redtoad: Yeah

KA: That makes a lot of sense. Um and say if you were to really think you know say if someone was quizzing you on it and they're like how do you feel right now and maybe you didn't have a certain event to link it to um are there certain things that you would sort of focus on to try and tell how you're feeling? You know are there certain signs?

Redtoad: Um yes definitely so um ((pause)) if I'm feeling happy smiling

KA: Mm

Redtoad: Um (.) if I'm sad um (.) crying or um ((pause)) I guess (.) feeling a lack of energy

KA: Mm

Redtoad: Um tired would be difficulty with keeping my eyes open yawning yeah

KA: Yeah definitely there's some really good ones. I think for me I (.) I'm actually quite bad at this. I'm quite bad at telling what I'm thinking and sometimes for example I don't realise I'm getting really angry about something until I get really really angry and then I'm like ohh I've been angry. You know I've been sitting there like all tensed up for ages. But yeah I ((stutters)) there are some things I can definitely look towards if I'm if I'm focusing on it. Um (.) and yeah I know you mentioned that sometimes sort of the concept of alexithymia is something that you feel you can relate to. Um do you think this at all relates to anxiety for you? So are there ever times where you find (.) find it difficult perhaps to recognise that you've been feeling anxious? Or is anxiety something that's a bit easier to recognise?

Redtoad: So um (.) during the moment I probably wouldn't know that I'm anxious so definitely (.) um it's usually when I look back and I'm like ohh I was doing I was like running around doing random things trying to find a solution to something where I'm like yeah that was definitely anxiety (.) So it's (.) definitely during the moment I wouldn't realise that I'm anxious

KA: OK that's very interesting very interesting. I'm just going to make a really quick note of that ((pause)) Fab (.) So we're just approaching the halfway point of the interview now. So as I said I just wanted to check in. Are you happy to continue or would you like to take uh a bit of a break?

Redtoad: Uh I'm happy to continue if you are

KA: Yeah? Yeah I'm good I have my water in front of me so ((laughs)) I can always continue. OK cool. So the uh next set of questions that we're going to look at are on the topic of interoception which I mentioned before and that is the way we interpret and understand any signal that comes from inside of our body. Um and as I said at the beginning some examples could be how fast our heart is beating how hungry we are or even things like how badly we need to use the toilet

Redtoad: Mmhm

KA: So I'm going to use the heartbeat as an example first of all mainly because I remember you mentioned a bit about that with anxiety you said you feel your heart beating throughout your body. So for some people um (.) they can't feel their heartbeat at all interoceptively. Um I'm

one of those people if you asked me how fast my heart was beating I could take my pulse on my wrist and I could feel it like that (.) but that means that I'm feeling it from the outside of my body. If I wanted to feel my heartbeat from the inside like not taking my pulse I don't- I have no idea ((laughs)) Sometimes if I run like you know (.) like run for the bus or something. Then when I get on the bus I can feel my heart a bit in my chest. Or if I'm really really anxious I can feel it. But day-to-day I can't feel it at all. But there's huge variation in that and some people can feel their heart all of the time some people can't even feel it after they've done exercise. Um so I wondered for you is your heartbeat something you can always feel? Something you can never feel?

Redtoad: Um it's something that I can always feel it's quite interesting. But yeah I can always feel it so (.) yeah

KA: Yeah and uh do you- is it like in your chest do you feel it or like your neck or whereabouts?

Redtoad: Um (.) so it depends how like what's happening in the moment

KA: Mm

Redtoad: Because all of the time I can feel it like in my chest area and um neck area. However if I'm like in the moment of anxiety or anger or (.) upset I'll feel it in my hands and arms (.) yeah

KA: OK OK. And because you say you (.) you kind of feel it all the time can you feel it sometimes increasing a bit or decreasing do are you kind of aware of when the speed of it changes?

Redtoad: Mmhm

KA: Yeah and is that normally just you know (.) uh (.) with like exercise or getting stressed about things. Or do you just feel it fluctuates a bit all the time anyway

Redtoad: Um no I feel the increasing and decreasing generally correlates to things like um (.) if I've been rewarded for something I'll be happy so it increases. If I'm bored it will generally decrease yeah

KA: OK wow. And would you say I guess this (.) you know being or being able to be aware of your heart all of the time is it something you can you can kind of always feel but you focus in and out of? Or is it something that's kind of always at the back of your mind?

Redtoad: Um so I think it's something that I can (.) choose to focus out of however if there's any moment where it will increase it will be like in the back of my mind at least

KA: OK yeah. And do you ever find that that ((stutters)) that it being in the back of your mind can be like distracting or overwhelming at all?

Redtoad: Um ((pause)) there's definitely an aspect of it that can be um (.) quite (.) yeah um annoying or anxiety inducing um because if I'm like in a stressful moment and then I can start feeling my heartbeat in my hands and wrists neck it can be quite like worrying because I'm like oh my gosh what is happening to me? ((laughs))

KA: Yeah

Redtoad: But also I think at the same time it can be a little reassuring because I'm also (.) my body is recognising that oh I'm in a stressful situation therefore I can kind of use it as like an (.) indicator (.) of how I'm feeling

KA: Yeah (.) yeah that's like an interesting take on it so it can be both kind of a good thing in some ways and also a bad thing sometimes. Focusing on the first thing you said there I think I'm going to use a term that you actually used earlier and I'm going to borrow it from you um and that is the catastrophising. And sometimes with these interoceptive signals we do notice a bit of catastrophising and it will be a timeline of kind of you know someone gets a bit anxious about something and let's say it's like a five out of ten anxiety but then they feel that their heart starts beating more which makes them more anxious because they're thinking ohh this is a sign I need to be more anxious because my body is telling me I'm anxious and then that makes them like (.) a seven out of ten anxious which makes their heart beat more and you kind of get a loop. Is that something that you feel like happens sometimes?

Redtoad: Um so definitely in the meltdown or shutdown moments

KA: Yeah

Redtoad: I'll find that the increase in heartbeat and the increase of the pulsating feeling um (.) definitely creates a feedback loop of anxiety and then more pulsating anxiety yeah

KA: Yeah (.) And are there certain I mean I know in itself your heart beating fast is just a little bit of an unpleasant feeling but are there any thoughts that come along with it? For example does it make you feel like (.) I'm not sure if something's going wrong with your body or you know some people even say ohh I'm having a heart attack or something like that?

Redtoad: Um so (.) there I guess there are times like um when I'm catastrophizing or something where I will be like oh my gosh is my body finally dying like ((laughs))

KA: Mm

((pause))

KA: Yeah and it's so scary. I (.) I have anxiety myself and I've had it sometimes where I get I dunno like I have a panic attack or something and then (.) I feel the start of a panic attack coming on and just based on the physical symptoms alone that's enough to make it worse. It's yeah very difficult I know um ((pause)) Ok so we'll move on a bit now to some of the other signals and and the next one we'll look at is how hungry or how full you are. Um so do you think this is something that you are quite good at detecting or quite bad at detecting?

Redtoad: Um (.) I think I'm (.) good at detecting when I'm full I don't think I'm good at detecting when I'm hungry

KA: Ahh ok (.) yeah ((pause)) Is it the type of thing where you would kind of have a schedule to eat but if you if you don't have a schedule then you're not quite sure when-

Redtoad: Yeah

KA: Yeah (.) yeah so that's something that we (.) we really see a lot with our participants actually it appears to be quite a common thing is having to I guess eat by the clock rather than eat by your body. Um (.) but yeah this is a bit of an interesting one too because as well as anxiety I

also research into eating behaviours and how that can relate to these signals. Um and I just wondered um you know with your eating habits and stuff is there is there anything that you struggle with there or would you say that you're (.) you're fine with eating?

Redtoad: Um (.) I'm (.) definitely a picky eater

KA: Yeah

Redtoad: Like I (.) There's it's actually quite funny. Um I've got a list in the kitchen which is a likes and dislike list like we were doing earlier but it's just food and it could be broad like likes eating rice or it can be as specific as um (.) doesn't like (.) eating (.) small green olives ((laughs))

KA: Yeah (.) yeah and does that tend to be sort of because of sensory things with the food or just like?

Redtoad: Um (.) yeah definitely the senses of like taste and feeling yeah

KA: Yeah yeah OK. I had very similar when I was growing up and still actually as an adult and my number one thing that would be top of my dislikes list is sweetcorn. I hate it so much ((laughs)) Um but yeah do you find that that can often lead to you eating not as much as you would otherwise like to. Or do you still manage to sort of eat enough?

Redtoad: Um (.) I think (.) it depends on like the percentage of the food that I um (.) designate as disliked um. Because if like the majority of the food there I wouldn't want to eat then I probably wouldn't eat it

KA: Yeah yeah I can I can imagine that can sometimes be a bit tricky if you're (.) uh maybe out and about and you can't be sure of (.) of what ingredients they're gonna have in something (.) um yeah OK and um we have another signal to look at now which is again another one you mentioned earlier and that's about breathing. Um and I know you said that you find it quite hard to breathe when you're anxious. Um so yeah is (.) is breathing something you're only kind of focused on when you're anxious or is it something that you're a bit aware of all the time?

Redtoad: Umm ((clears through)) so I'm usually focused on it anyway because (.) in general I'm just ((pause)) not as good as most people are at breathing in other words I have to use a inhaler

KA: Ah ok yeah

Redtoad: Um but it is definitely more noticeable when I'm ((pause)) having some sort of negative emotion like being angry or um upset or anxious

KA: Yeah yeah um and I guess in general with all of these bodily signals um (.) Is it more likely that you'd be aware of them when you were feeling a bit anxious or is that true for some but not all?

Redtoad: Um it's true the um (.) things that are to do with the like the heart or lungs or um (.) ((exhales)) temperature um

KA: Yeah

Redtoad: But not so much like (.) the digestive system or um yeah

KA: Yeah that makes a lot of sense cause I imagine like I mean I know that digestive system's a tiny bit related to anxiety but not as much as your heart and your breathing

Redtoad: Yeah

KA: Which I think you know they're even some of the symptoms of anxiety. So yeah ((pause)) um and ((pause)) I guess broadly looking at kind of all of these signals coming from inside you again do you think that the way these signals feel to you impacts your everyday life at all or do you think it's just kind of neutral?

Redtoad: Um I think it definitely plays a huge part on my daily life because um I may make decisions like it's probably one of the few things that could change my scheduled plans. So like ohh if my heart is like beating a lot and my temperature's fluctuating I'll think ohh I'm not good to do like this trip to the cinema today I'm just going to cancel it

KA: OK that's really interesting because yeah there's that I guess link there to that the as you said the changing of plans the changing of your schedule and uh that's a really really interesting link. Um now uh I realised we hadn't talked about um using the bathroom and I know sometimes people find this embarrassing to talk about but I mean I talk this is all I do for my job I talk I talk about it with people all day. We can skip it if you don't want to but if you're happy to talk about it is that something that you feel quite aware of or is it something that you'd find it difficult to tell?

Redtoad: Um so I'm (.) I definitely struggle with being able to tell until like the last few minutes so it's like ohh I can go like several hours without even feeling the slightest need and then it's in the last few minutes where it's like (.) I will have to run and if someone's in my way I'm sorry but you're getting pushed like it's ((laughs)) yeah

KA: I have exactly the same. It's so funny you say that I (.) My mum used to always be so annoyed with me because she'd be like why don't you just go like before you're desperate and I'm like but I didn't realise. Um (.) well I think maybe it's useful for you to know that I that's got better since I've I don't know my teenage years were ending as I got into adulthood it's (.) it's been a bit easier to tell ((laughs)) Um cool and in terms of all of these signals I know we've spoken in like more specifically about some of them um but as a whole are they quite neutral to you? Are they positive negative or a bit of a mix?

Redtoad: Um (.) a bit of a mix because as I've said um prior sometimes these signals will in fact be the cause of anxiety or even help stimulate it. But there's other times where it will in fact be the thing that stops the anxiety or calms it

KA: Mm

Redtoad: Or even just generally yeah

KA: Yeah that's interesting so it plays a really important role. But not always in a uniform like not always in the same way

Redtoad: Yeah

KA: Um yeah it really goes to show this is like such a such a complex thing. Cool and then my last uh last question about all of this interoception stuff um is just again kind of looking at different situations when you're more or less aware of these signals sometimes we hear that in

social situations um and particularly in social situations when our participants are like masking or focusing quite hard on fitting in with others (.) in those situations they find it quite hard to recognise their own bodily needs and signals so within those contexts it becomes a little bit harder to say work out

Redtoad: ((overlaps)) mm

KA: ((overlaps)) when ((end overlap)) you're hungry or full or need to use the bathroom. Would you say that that's true or?

Redtoad: Um so definitely for the examples you gave of feeling hungry or the need to go to the bathroom um and less so the heartbeat and breathing. Because I think those might be heightened

KA: Right yeah

Redtoad: In times where I'm like in social situations or masking because (.) I would be (.) like (.) using my body would kind of be using that as an indicator (.) while masking as like a fail safe system (.) Um ((pause)) and I think that's probably what overrides like the feeling of oh I need to eat or the feeling of oh I need to go toilet

KA: Mm yeah that makes sense and that’s so interesting that there's that kind of play off there between (.) between the different things. OK fantastic well that is actually the end of all the questions I had prepared um so thank you so much um you gave me some really fantastic detailed there and I'm really excited to get to typing it up so that yeah we can start to do some analysis. Um just before we wrapped up I wanted to check

Redtoad: Mm

KA: With you. Is there anything that you'd like to add? Um and this can be from previous questions but it could also be something that you would like to raise or bring to my attention that you think that I might have missed

Redtoad: Um ((clears throat)) so I definitely think that interoception is a large thing that plays with anxiety um ((pause)) and I also think that the interoception plus thoughts (.) is a large (.) um (.) like cause of anxiety as well because I was saying about lateness before but I think definitely there's an aspect of oh the feeling of increased heartrate or um in fact the lack of feeling of needing to go toilet or feeling hungry could cause anxiety like ohh do I need to eat soon or do I need to go toilet now? Um and those thoughts plus the lack of those feelings could cause anxiety so yeah

KA: Yeah yeah no definitely you’ve really put it nicely there like a really nice summary. And yeah I'm glad it's something that feels like it's useful you know a useful concept to think about. Great. And yeah was there anything else?

Redtoad: I think that's it yeah

KA: OK amazing