**Minding your body: changes across puberty**

One of the current studies being undertaken by Prof Manos Tsakiris, Dr Vivien Ainley and Dr Mariana von Mohr at the Lab of Action and Body is examining how pre- and post-puberty girls perceive themselves and their body.

As you may know, body image is an issue of public concern, especially to parents and young people. Interestingly, the ways in which people think about their external appearance is influenced by interoception. One can think of interoception as being ‘mindful’ of one’s own internal bodily state, such as one’s heart, hunger and thirst. Accordingly, this project examines the relationship between interoception and body image across puberty.

We are looking for primary and secondary schools (girls in Year 6 & 7) that would be interested to take part in this new and exciting project.

**If you are interested in hearing more about this research, and/or in taking part, please send your contact details to** [mariana.vonmohr@rhul.ac.uk](mailto:mariana.vonmohr@rhul.ac.uk) , [vivien.ainley.2008@live.rhul.ac.uk](mailto:vivien.ainley.2008@live.rhul.ac.uk) or [manos.tsakiris@rhul.ac.uk](mailto:manos.tsakiris@rhul.ac.uk)