

Supplementary Materials

S1: Simplified Awareness Subscale of the Porges Body Perception Questionnaire, designed for children.

I: Awareness

Imagine how you feel your body processes. Draw a circle around the answer that sounds most like you. Answer how often you feel the things below:

Most of the time I can feel myself:

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|--|-------|--------------|-----------|---------|--------|
| 1. Swallowing a lot | Never | Occasionally | Sometimes | Usually | Always |
| 2. Ringing in my ears | Never | Occasionally | Sometimes | Usually | Always |
| 3. A need to cough to clear my throat | Never | Occasionally | Sometimes | Usually | Always |
| 4. My body swaying when I am standing | Never | Occasionally | Sometimes | Usually | Always |
| 5. My mouth being dry | Never | Occasionally | Sometimes | Usually | Always |
| 6. How fast I am breathing | Never | Occasionally | Sometimes | Usually | Always |
| 7. Watery eyes | Never | Occasionally | Sometimes | Usually | Always |
| 8. My skin itching | Never | Occasionally | Sometimes | Usually | Always |
| 9. Noises in my stomach after I've eaten | Never | Occasionally | Sometimes | Usually | Always |
| 10. Tired or painful eyes | Never | Occasionally | Sometimes | Usually | Always |
| 11. An ache in my neck or back | Never | Occasionally | Sometimes | Usually | Always |
| 12. Swelling in my body or parts of my body | Never | Occasionally | Sometimes | Usually | Always |
| 13. Need to go to the toilet (wee) | Never | Occasionally | Sometimes | Usually | Always |
| 14. Shaky hands | Never | Occasionally | Sometimes | Usually | Always |

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|--|-------|--------------|-----------|---------|--------|
| 15. Need to go to the toilet (poo) | Never | Occasionally | Sometimes | Usually | Always |
| 16. An ache in my arms or legs | Never | Occasionally | Sometimes | Usually | Always |
| 17. A swollen tummy | Never | Occasionally | Sometimes | Usually | Always |
| 18. An ache in my face | Never | Occasionally | Sometimes | Usually | Always |
| 19. Goose bumps | Never | Occasionally | Sometimes | Usually | Always |
| 20. Twitchy face | Never | Occasionally | Sometimes | Usually | Always |
| 21. Really tired | Never | Occasionally | Sometimes | Usually | Always |
| 22. Tummy pain | Never | Occasionally | Sometimes | Usually | Always |
| 23. Fluttery eyes | Never | Occasionally | Sometimes | Usually | Always |
| 24. Sweaty hands | Never | Occasionally | Sometimes | Usually | Always |
| 25. Sweaty forehead | Never | Occasionally | Sometimes | Usually | Always |
| 26. Being clumsy and bumping into people | Never | Occasionally | Sometimes | Usually | Always |
| 27. Shaky lips | Never | Occasionally | Sometimes | Usually | Always |
| 28. Sweaty armpits | Never | Occasionally | Sometimes | Usually | Always |
| 29. Prickly skin, tingly skin, or numb skin | Never | Occasionally | Sometimes | Usually | Always |
| 30. A hot or cold face (especially ears) | Never | Occasionally | Sometimes | Usually | Always |
| 31. Grinding my teeth | Never | Occasionally | Sometimes | Usually | Always |
| 32. Can't be still | Never | Occasionally | Sometimes | Usually | Always |
| 33. My eyes moving | | | | | |

	Never	Occasionally	Sometimes	Usually	Always
34. Itchy nose					
	Never	Occasionally	Sometimes	Usually	Always
35. The hair on the back of my neck standing up					
	Never	Occasionally	Sometimes	Usually	Always
36. Needing a rest					
	Never	Occasionally	Sometimes	Usually	Always
37. Can't focus my eyes					
	Never	Occasionally	Sometimes	Usually	Always
38. How hard my heart is beating					
	Never	Occasionally	Sometimes	Usually	Always
39. Feeling like I can't go to the toilet when I try					
	Never	Occasionally	Sometimes	Usually	Always

S2: All variables were tested for the assumption of normality using Kolmogorov-Smirnov tests

Interoceptive accuracy on the heartbeat tracking task was found to significantly deviate from the normal distribution in the autistic population [$D(30)=0.163, p=0.041$] and in the larger typically developing sample [$D(45)=0.180, p=0.001$], but not in the matched typically developing sample [$D(30)=0.095, p=0.200$]. Interoceptive accuracy on the heartbeat discrimination task significantly deviated from the normal distribution in the autistic population [$D(30)=0.187, p=0.009$], and the larger typically developing sample [$D(45)=0.132, p=0.047$], but not in the matched sample [$D(30)=0.137, p=0.160$].

Interoceptive sensibility was found to be normally distributed in the larger [$D(45)=0.067, p=0.200$] and matched typically developing samples [$D(30)=0.079, p=0.200$], and the autistic sample [$D(30)=0.153, p=0.073$]. Anxiety scores were found to significantly deviate from the normal distribution in the autistic sample [$D(25)=0.209, p=0.006$], but not the larger [$D(41)=0.131, p=0.76$] or matched typically developing samples [$D(28)=0.114, p=0.200$]. ITPET was found to be normally distributed in the autistic sample [$D(30)=0.98, p=0.200$], the larger [$D(45)=0.079, p=0.200$] and the matched typically developing samples

[$D(30)=0.077, p=0.200$]. ITPED scores were found to significantly deviate from the normal distribution in the autistic sample [$D(30)=0.169, p=0.028$] but not in the larger [$D(45)=0.079, p=0.200$] or matched typically developing samples [$D(30)=0.117, p=0.200$]. Scores on the counting control task were found to deviate significantly from the normal distribution in both autistic [$D(11)=0.513, p<0.001$] and typically developing [$D(18)=0.454, p<0.001$] populations. Scores on the SCQ differed significantly from the normal distribution in the typically developing population [$D(38)=0.208, p<0.001$] but not the autistic population [$D(29)=0.087, p=0.200$]. Confidence ratings on the heartbeat discrimination task were found to be normally distributed in the autistic [$D(30)=0.118, p=0.200; D(30)=0.154, p=0.067$, for correct and incorrect responses, respectively] and typically developing populations [$D(29)=0.128, p=0.200; D(29)=0.134, p=0.193$, for correct and incorrect responses, respectively].