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#### The Heartbeat Counting Task Largely Involves non-Interoceptive Processes:

### **Evidence from both the Original and an Adapted Counting Task**

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### Highlights

- The completion of the Heartbeat Counting Task involves at least three strategies.
- Participants report relying on heart rate estimates for completing this task.
- Asking participants to avoid using estimates reduces Interoceptive Accuracy scores by half.
- Interoceptive Accuracy scores are essentially driven by uninterpretable heartbeats underreports.

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