The Flexibility of Physical Body Boundaries and its Relationship to Out-of-body Experiences

Results:

In this project we theorised that the daily bodily experiences of people with a prior OBE and those without this experience would differ along a number of dimensions. In order to test this theory a questionnaire study was conducted. In study 1, 62 of 243 respondents reported at least one prior OBE. Six scales on different aspects of bodily experience were administered. Respondents reporting a previous OBE were found to score significantly higher on measures of somatoform dissociation (p<.001), self-consciousness (p=.035), body dissatisfaction (p=.001), and lower on a measure of confidence in their physical self-presentation (p=.02) than respondents without a previous OBE. The significant findings were confirmed in a second study in which 64 people (34 of whom had had an OBE), where participants also scored significantly higher on measures of Social Physique Anxiety. OBE experients also reported lower levels of body awareness during use of an immersive virtual reality system than non-experients. The project has also explored variables such as dissociation and absorption in relation to OBEs and the experience of presence within virtual reality. Other data regarding the navigational styles of OBE and non-OBE respondents in an immersive virtual reality task are currently undergoing analysis.

Published work:


Other Presentations


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