**ABSTRACT**

**BACKGROUND**

Interoceptive awareness is the awareness of inner body sensations, involving the sensory process of receiving, accessing and appraising internal bodily signals. Type-D Personality in medical psychology is defined as the joint tendency towards negative affectivity and [social inhibition](https://en.wikipedia.org/wiki/Social_inhibition). It is said that Type-D personality can lead to psychological problems like depression.

**METHODS AND MATERIALS**

356 individuals in the age group 18-25 from different institutions participated in the study. They were asked to fill a questionnaire that included Multidimensional Assessment of Interoceptive Awareness (MAIA), the Subjective Authentic–Durable Happiness Scale (SA-DHS), Distress 14 (DS14) and Patient Health Questionnaire (PHQ-9). Data was tabulated and further analyzed using the software JASP 0.13.0.0.

**RESULT**

After analysis, we found that Pearson’s r value for; MAIA and SA-DHS was 0.350, MAIA and Depression was 0.179 and MAIA and Type-D personality was 0.151. This means there was a mild positive correlation between MAIA and SA-DHS. There was no correlation between MAIA and Depression , MAIA and PHQ-9.

**CONCLUSION**

The present study indicates that as interoceptive awareness increases Authentic happiness also increases. Also, interoceptive awareness has a weak relation with depression and type-d personality.

**KEYWORDS**

Interoceptive awareness, Type-D personality, Authentic happiness, Depression.