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## Sensory Processing Difficulties and Interpersonal Relationships in Adults: An Exploratory Study

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### ABSTRACT

The purpose of this study was to investigate the association between sensory processing difficulties (SPD) which refers to detection, modulation and response to sensory input and interpersonal relationships. 139 students participated in the study and completed two self report questionnaires: The Adolescent/Adult Sensory Profile measuring sensory processing abilities as expressed in daily living and the Hebrew version of the MMPI-2. The results demonstrated strong associations between different patterns of SPD and a wide range of symptomatology, including anxiety, somatization, distress, and demoralization, difficulties in social interactions, family, work and therapeutic relationships. The findings of this study indicate that extreme sensory processing patterns are strongly related to distress and psychological difficulties. Therefore, it is recommended that clinical therapists relate to sensory processing as part of their dynamic conceptualization of patients' difficulties. This also emphasizes the significance of interdisciplinary treatment that takes sensory processing into consideration in order to create an intervention program that considers the person's specific sensory needs and their relationship with personality.

### KEYWORDS

Sensory Processing; MMPI-2; Interpersonal Relationships; Sensory Processing Difficulties; Demoralization

### Cite this paper

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