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**Somatic Vulnerability and Alexithymia: a research on clinical assessment and therapeutic perspectives**

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**Key words:** alexithymia, affect dysregulation, assessment, psychosomatics, evaluation

**Aims of the research:** a new evaluation scale, assessing the relationship between Alexithymia and the distortion of the quality of body self-perception. The data analysis would focus the therapist's attention on specific aspects of the alexithymic personality trait involving the perception of inner psychological and somatic states and the reflective function.

**Methodology and procedures:** A clinical sample of 170 subjects and a non clinical sample of 270 subjects were asked to complete a 137 items questionnaire, made of 5 different subscales (TAS 20, SAR, SSAS, MSPQ and 2 experimentals). The clinical sample was divided into 6 categories: 30 subjects suffering from multiple sclerosis, 30 suffering from eating disorders, 30 suffering from anxiety disorder, 30 from depression, 20 with alcohol addiction and 30 patients receiving long term medical and/or psychological treatment for other organic or somatoform diseases.

**Results:** In relation to a previous step of the same research, the data analysis performed with the new factors of the experimental scale showed a better psychometric values ( $\alpha = .87, .78, .84, .70$ ), than the previous international reliability results obtained with the TAS20 scale ( $\alpha = .82, .57, .58$ ).

**Conclusions:** The factor analysis emphasizes a significant relationship between “*difficulty to identify emotions*” and “*somatic intelligence*”, suggesting that a specificity of the alexithymic condition could depend on a prejudiced ability to decode the signs of the body. This outcome suggests the clinical perspective of an integrated research development on body sensibility/metacognition with “somatic intelligence” with the aim to promote in a therapeutic context the recover of instruments able to read the signs of the body in terms of significance and to comprehend their cognitive aspect.

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