

Scientific Article



Title

Investigating Misophonia: A Review of the Empirical Literature, Clinical Implications, and a Research Agenda

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Abstract

Misophonia is a neurobehavioral syndrome phenotypically characterized by heightened autonomic nervous system arousal and negative emotional reactivity (e. g., irritation, anger, anxiety) in response to a decreased tolerance for specific sounds. The aims of this review are to (a) characterize the current state of the field of research on misophonia, (b) highlight what can be inferred from the small research literature to inform treatment of individuals with misophonia, and (c) outline an agenda for research on this topic. Researches extend previous reviews on this topic by critically reviewing the research investigating mechanisms of misophonia and differences between misophonia and other conditions. In addition, the review integrates the small but growing literature with basic and applied research from other literatures in a cross-disciplinary manner.

The primary aim of this paper is to review research on misophonia using a cross-disciplinary approach, with the goal of generating testable hypotheses and advancing the conceptualization of this recently identified syndrome. In addition, recent neuroscience-based paradigms of emotion



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emphasizing the defense/fear circuitry are described to contextualize the extant research and inform future studies.

Source

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