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Like Pinocchio, your nose shows when you lie

by Media Sources
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Much like Pinocchio , your nose could reveal that you're lying, though unlike the beloved character, your nose will heat up instead of growing longer when you tell a fib, new research claims.

Psychology researchers from the University of Granada in Spain used thermography to study the temperature of people's faces in experiments. They said they found a jump in the temperature around the nose and in the orbital muscle in the inner corner of the eye during lying. They also found that face temperature drops for people performing a difficult mental task and rises for people experiencing high anxiety.

The researchers said these effects could have something to do with the insula, a region of the brain involved in consciousness as well as the detection and regulation of body temperature . Lying boosted activity in this region, the team said. [[Why We Lie](#)]

Thermography could be used

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