

Study: Nose shows lying, heat plays a big element in findings

STUDY NOSE SHOWS LYING | DECEMBER 4, 2012 | BY: HEATHER TOOLEY |



Nose shows lying in new study.

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In the latest scientific study of a link between the nose and how it shows lying, researchers learned

that heat is a big element in the findings, [Huffington Post](#)

http://www.huffingtonpost.com/2012/12/04/pinocchio-effect-lying-nose-heat-thermography_n_2237410.html?utm_hp_ref=health-news

reports Dec. 4. It turns out that when someone lies, it's not as if their nose grows like the animated character, Pinocchio, but it heats up.

Psychology researchers at the University of Granada in Spain learned from thermal tools, that the temperature around the nose and in the orbital muscle at the inner corner of the eye during rises when someone is lying.

The researchers believe this may have to do with insula -- a section of the brain involved in consciousness as well as detection and regulation of body heat. Lying increased activity in that area of the brain

In other research, it was discovered that thermography measured the heat in facial studies surrounding low stress and high anxiety tests. When someone was performing a task relatively low in stress, their temperature decreased, versus someone who was working on a task that produced high anxiety. Their body temperature heightened.