

Teens' Self-Consciousness Has Biological Basis, Study Says

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US News & World Report:

Many teens are concerned about what other kids think of them, and this self-consciousness is linked with specific body and brain responses that appear to begin and peak in adolescence, a new study finds.

Researchers put 69 volunteers, aged 8 to 23, in a situation in which they believed they were being observed by another person their own age and monitored the participants' emotional, body and brain responses.

The goal was to determine if just being looked at might trigger more intense body and brain responses in teens than in children and adults. That turned out to be the case, the researchers reported recently in the journal *Psychological Science*.

Read the whole story: [US News & World Report](#)