

Why Self-Consciousness Peaks in Teenage Years

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LiveScience:

Some of the more awkward growth spurts that mark adolescence occur in the brain, and a new study suggests certain developmental changes might make teens ultra-sensitive to the gaze of other people.

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“We were concerned about whether simply being looked at was a strong enough ‘social evaluation’ to evoke emotional, physiological and neural responses,” study researcher Leah Somerville, a psychological scientist at Harvard University, said in a statement. “Our findings suggest that being watched, and to some extent anticipating being watched, were sufficient to elicit self-conscious emotional responses at each level of measurement.”

Read the whole story: [LiveScience](#)