

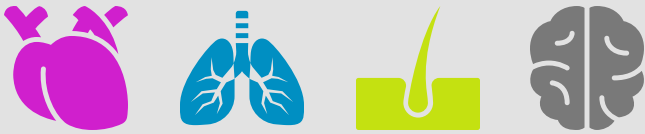


Ya Feel Me?

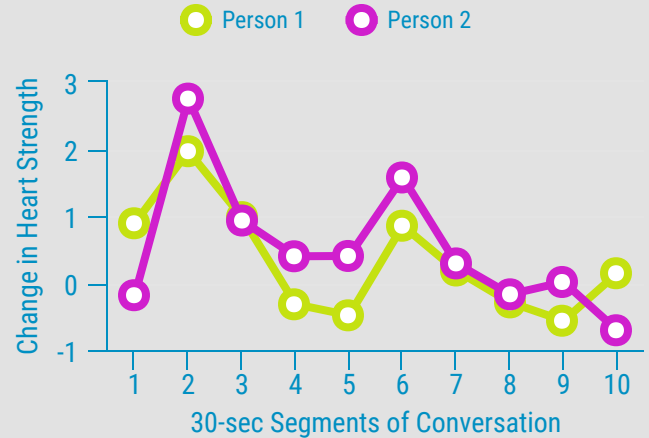
Your body aligns with the people around you. We call this process **Physiological Synchrony**. We research *when it occurs* and *what happens when it does*.

What is physiological synchrony?

The rhythms of your **heart**, **lungs**, **skin**, and **brain** synchronize with other people.



This is how strongly two people's hearts beat while talking to each other for a few minutes, relative to resting.



What causes physiological synchrony?

Physiological synchrony happens simply when you are in the presence of another person, but ...



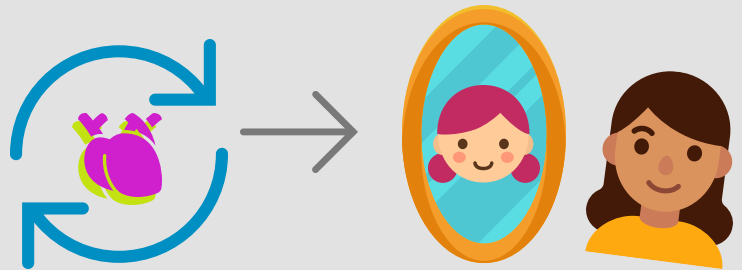
Physiological synchrony is stronger when you actively engage with other people.

Physiological synchrony is stronger the more you think other people are different from you.



What does physiological synchrony predict?

The more you physiologically synchronize while talking with someone, the more similar you feel to them after the conversation.



Conjecture to Guide Future Research:

Most social interactions are neutral to pleasant. This is why society mostly "works."

Physiological synchrony may be part of a regulatory process that puts us at ease during social interactions with people who are different from us.

Social Psychophysiological Research and Quantitative Methods Lab

Want to know more? Read our research, straight from the source:

1. Danyluck, C., & Page-Gould, E. (2018). Intergroup dissimilarity predicts physiological synchrony and affiliation in intergroup interaction. *Journal of Experimental Social Psychology*, 74, 111-120.
2. Danyluck, C., & Page-Gould, E. (2019). Social and physiological context affects the meaning of physiological synchrony. *Scientific Reports*, 9, 8222.