



The Psychological Significance of the Blush

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The blush is a ubiquitous yet little understood phenomenon which can be triggered by a number of self-conscious emotions such as shame, embarrassment, shyness, pride and guilt. The field of psychology has seen a recent surge in the research of such emotions, yet blushing remains a relatively neglected area. This unique volume brings together leading researchers from a variety of disciplines to review emerging research on the blush, discussing in depth issues that have arisen and stimulating new theorizing to indicate future directions for research. Topics covered include: the psychophysiology of the blush; developmental aspects; measurement issues; its evolutionary significance and the role of similar colour signals in the social life of other species; its relation to embarrassment, shame and social anxiety; and the rationale for, and clinical trials of, interventions to help people suffering from blushing phobia.

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