

Why is yawning contagious? - Claudia Aguirre

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Yaaawwwwn Did just reading the word make you feel like yawning yourself? Known as contagious yawning, the reasons behind this phenomenon have been attributed to both the physiological and psychological. It's been observed in children as young as four and even in dogs! Claudia Aguirre visits the many intriguing theories that might explain contagious yawning.

Bâillement Contagieux

1. What is the phenomenon known as when someone yawns because someone else yawned?

- a. Yawning reflex
- b. Mimicking effect

c. Contagious yawning

- d. Unconscious imitation

2. According to the video, what are some physiological hypotheses for contagious yawning?

a. Specific action pattern and unconscious mimicry

- b. Mirror neurons and empathy
- c. Reflex and contagious effect
- d. Neural network and observational learning

3. What is the name of the reflex triggered by an initial yawn?

- a. Contagious effect

b. Specific action pattern

- c. Unconscious mimicry
- d. Reflexive response

4. What subconscious behavior leads to contagious yawning?

- a. Neurological mirroring

b. Reflexive imitative response

- c. Unconscious imitation
- d. Mirror neurons activation

5. What type of neurons are responsible for unconscious mimicry?

- a. Imprinting neurons
- b. Empathy neurons
- c. Social neurons

d. Mirror neurons

6. What is the role of mirror neurons?

- a. Contagious yawning and observational learning

b. Reflexive imitative response and social behavior

- c. Empathy and emotional understanding
- d. Neuronal activation and mirroring effect

7. What kind of brain imaging technique has been used to study contagious yawning?

a. Functional magnetic resonance imaging (fMRI)

- b. Computed tomography (CT) scan
- c. Electroencephalogram (EEG)
- d. Positron emission tomography (PET)

8. What does the video suggest about the frequency of contagious yawning between familiar and unfamiliar individuals?

a. Familiar individuals yawn more frequently

- b. Unfamiliar individuals yawn more frequently
- c. There is no difference in yawning frequency
- d. The video does not provide information on this

9. What age do children start developing the ability to properly identify others' emotions?

- a. 2-3 years old
- b. 5-6 years old
- c. 8-10 years old

d. The video does not provide information on this

10. What is the main focus of ongoing scientific research on contagious yawning?

- a. Reflexive imitative response

b. Neurological mirroring and imitation

c. Empathy and emotional bonding

d. The video does not provide information on this