

# Body Language Test

Patient information	
<b>Name:</b>	<b>Date of birth:</b>
<b>Gender:</b>	<b>Date of assessment:</b>
Instructions	
Carefully consider each gesture listed below. In the text field beside each one, describe what that gesture means to you or how you would interpret it if you saw someone doing it. There are no right or wrong answers; this exercise is intended to understand your personal interpretations of nonverbal communication.	
Disclaimer	
This assessment is not a diagnostic tool and should not be used to determine psychological conditions or behavioral disorders. It is intended to support clinical observation and facilitate discussion around nonverbal communication patterns.	
For patient use	
Gesture	What it means to me
Shrugging both shoulders	
Leaning in closely while seated across someone	
Maintaining intense eye contact	
Folding arms tightly across the chest	
Voice fluctuating with nervousness	
Eyes cast downward during a conversation	
Consistently avoiding eye contact	
Steady nodding while someone else speaks	

<b>Gesture</b>	<b>What it means to me</b>
Inhaling deeply before speaking	
Enthusiastically waving to grab attention	
Fidgeting with small objects during a discussion	
Smiling broadly while engaging with someone	
Whispering confidentially into someone's ear	
Speaking in a commanding, strong tone	
Vigorously shaking head in disagreement	
Walking back and forth while talking on the phone	
Holding fists tightly at one's side while talking	
Collapsing into a chair with a sigh	
Pressing lips together with a frown	
Yawning repeatedly during a meeting	
Stroking chin thoughtfully during a conversation	
Tapping feet impatiently while waiting	
Offering a limp handshake	

<b>Gesture</b>	<b>What it means to me</b>
Standing with hands on hips	
Biting nails when asked a question	
Tilting the head while listening to a speaker	
Cross-legged stance with foot kicking slightly	
Touching the neck or collar when speaking	
Slight bow while greeting someone	
Drumming fingers on a surface	

### For healthcare professional use

#### Interpretations of body language gestures:

<b>Gesture</b>	<b>Meaning</b>
Shrugging both shoulders	<b>General meaning:</b> Indifference or uncertainty <b>Cultural variations:</b> Almost universally recognized, though in some cultures it may be seen as disrespectful to convey indifference.
Leaning in closely while seated across someone	<b>General meaning:</b> Interest, engagement, or intent to listen closely <b>Cultural variations:</b> In some Asian cultures, too much proximity may be considered invasive.
Maintaining intense eye contact	<b>General meaning:</b> Confidence, honesty, or intensity <b>Cultural variations:</b> In some cultures, such as in Japan, prolonged eye contact may be seen as aggressive or rude
Folding arms tightly across the chest	<b>General meaning:</b> Defensiveness, self-protection, or closed-off to conversation <b>Cultural variations:</b> In some contexts, it may be simply a comfortable resting position without significant meaning
Voice fluctuating with nervousness	<b>General meaning:</b> Anxiety, uncertainty, or stress <b>Cultural variations:</b> Vocal cues can vary greatly, and in some cultures, a soft voice is a sign of politeness

Gesture	Meaning
Eyes cast downward during a conversation	<p><b>General meaning:</b> Submissiveness, shyness, or avoidance.</p> <p><b>Cultural variations:</b> In many Asian cultures, this can be a sign of respect rather than avoidance.</p>
Consistently avoiding eye contact	<p><b>General meaning:</b> Discomfort, dishonesty, or social anxiety</p> <p><b>Cultural variations:</b> Similar to the above, in some cultures, avoiding eye contact is respectful, particularly with superiors.</p>
Steady nodding while someone else speaks	<p><b>General meaning:</b> Agreement, encouragement, or understanding.</p> <p><b>Cultural variations:</b> In some Eastern European countries, nodding can mean 'no,' while a head shake means 'yes.'</p>
Inhaling deeply before speaking	<p><b>General meaning:</b> Preparing to speak, sometimes indicating careful thought or hesitation.</p> <p><b>Cultural variations:</b> In some cultures, taking a breath may be a polite pause to ensure someone else has finished speaking</p>
Enthusiastically waving to grab attention	<p><b>General meaning:</b> Friendly greeting or seeking to be noticed.</p> <p><b>Cultural variations:</b> The enthusiasm of the wave and the context can affect interpretation across cultures.</p>
Fidgeting with small objects during a discussion	<p><b>General meaning:</b> Nervousness, impatience, or boredom</p> <p><b>Cultural variations:</b> In some cultures, such actions might be considered rude and a sign of not paying attention.</p>
Smiling broadly while engaging with someone	<p><b>General meaning:</b> Friendliness, happiness, or approachability.</p> <p><b>Cultural variations:</b> In some cultures, smiling too much can be seen as insincere or inappropriate depending on context.</p>
Whispering confidentially into someone's ear	<p><b>General meaning:</b> Privacy, secrecy, or intimacy.</p> <p><b>Cultural variations:</b> This gesture could be inappropriate in professional settings in some cultures.</p>
Speaking in a commanding, strong tone	<p><b>General meaning:</b> Authority, confidence, or assertiveness.</p> <p><b>Cultural variations:</b> High-power distance cultures may expect this from leaders, while low-power distance cultures may find it aggressive.</p>
Vigorously shaking head in disagreement	<p><b>General meaning:</b> Strong disagreement or denial.</p> <p><b>Cultural variations:</b> As mentioned, in some places like Bulgaria, this may actually mean agreement.</p>

Gesture	Meaning
Walking back and forth while talking on the phone	<p><b>General meaning:</b> Engrossment in conversation, anxiety, or multitasking.</p> <p><b>Cultural variations:</b> This may be considered rude in quiet or formal settings in some cultures.</p>
Holding fists tightly at one's side while talking	<p><b>General meaning:</b> Anger, frustration, or determination.</p> <p><b>Cultural variations:</b> In some contexts, it might also be a sign of excitement or emphasis.</p>
Collapsing into a chair with a sigh	<p><b>General meaning:</b> Exhaustion, relief, or frustration.</p> <p><b>Cultural variations:</b> Public displays of such feelings might be frowned upon in some cultures, emphasizing stoicism.</p>
Pressing lips together with a frown	<p><b>General meaning:</b> Disapproval, concentration, or suppressing emotion.</p> <p><b>Cultural variations:</b> In some Asian cultures, showing overt disapproval is uncommon, so this may be a more subtle cue.</p>
Yawning repeatedly during a meeting	<p><b>General meaning:</b> Tiredness or boredom.</p> <p><b>Cultural variations:</b> Considered quite rude and disrespectful in most professional settings worldwide.</p>
Stroking chin thoughtfully during a conversation	<p><b>General meaning:</b> Deep in thought or evaluating what is being said.</p> <p><b>Cultural variations:</b> Universally recognized as a thinking posture, though the context can affect interpretation.</p>
Tapping feet impatiently while waiting	<p><b>General meaning:</b> Impatience, nervousness, or boredom.</p> <p><b>Cultural variations:</b> Generally seen as a sign of impatience, but cultural norms for waiting vary widely.</p>
Offering a limp handshake	<p><b>General meaning:</b> Lack of confidence, disinterest, or politeness.</p> <p><b>Cultural variations:</b> In some cultures, a firm handshake is valued, while in others, a softer touch is preferred.</p>
Standing with hands on hips	<p><b>General meaning:</b> Readiness, aggression, or assertiveness.</p> <p><b>Cultural variations:</b> Can be confrontational in some cultures, while in others it's simply a casual stance.</p>
Biting nails when asked a question	<p><b>General meaning:</b> Anxiety, stress, or feeling under pressure.</p> <p><b>Cultural variations:</b> Generally considered a sign of nervousness, but may also be a habit with no particular meaning.</p>

Gesture	Meaning
Tilting the head while listening to a speaker	<p><b>General meaning:</b> Interest, empathy, or confusion.</p> <p><b>Cultural variations:</b> Seen as a sign of paying attention, and is usually interpreted positively worldwide.</p>
Cross-legged stance with foot kicking slightly	<p><b>General meaning:</b> Boredom, impatience, or being deep in thought.</p> <p><b>Cultural variations:</b> In some cultures, showing the sole of the foot is offensive, so this gesture can be impolite.</p>
Touching the neck or collar when speaking	<p><b>General meaning:</b> Discomfort, insecurity, or feeling threatened.</p> <p><b>Cultural variations:</b> Can be a self-soothing gesture and is generally seen as a sign of discomfort.</p>
Slight bow while greeting someone	<p><b>General meaning:</b> Respect, formality, or acknowledgement.</p> <p><b>Cultural variations:</b> Very common in East Asian cultures as a respectful greeting, less so in Western cultures.</p>
Drumming fingers on a surface	<p><b>General meaning:</b> Impatience, boredom, or rhythmical engagement.</p> <p><b>Cultural variations:</b> Might be considered rude or distracting in quiet settings or cultures that value silence.</p>

**Additional notes**

**Healthcare professional information**

**Name:**

**License ID:**

**Signature:**

**Date of assessment:**