

Polygraph is a measure of lying



Is polygraph really a lie detector? The truth is that polygraph can indicate emotional arousal, yet it does not measure lies. It measures and records different physiological reactions including blood pressure, pulse, respiration, skin conductivity and others. These measures indicate more or less accurately our emotional arousal. The use of polygraphs in detecting lies is based on the assumption that false (untrue) answers would trigger emotional reactions more likely than telling the truth. However, this assumption is very questionable. According to the scientific evidence, the usefulness of polygraphs as lie detectors is very limited and often directly misleading. We don't know exactly of the physiological indices of emotions (particular emotions especially) and even less of the indicators of lying.

