

# **comparison of knowledge of non-verbal communication and interoceptive awareness in Iranian and Italy students**

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**Abstract:** The preliminary level of culture is transmitted through nonverbal communication, One's knowledge of nonverbal communication knowledge leads to better social performance and successful social relationships with others. Also, interoceptive awareness in mental health interventions is considered as potentially valuable in the prevention and treatment of these diseases .Regarding to the importance of nonverbal communication and body awareness, the purpose of this study was to compare the knowledge of nonverbal communication and interoceptive awareness in Iranian and Italian students. This research was descriptive and causal-comparative in which the variables of nonverbal communication knowledge and interoceptive awareness were compared in Iranian and Italian students. The statistical community consisted of students Genova and Rasht in the academic year 2017-2016 and they were in the age range of 18-50 years old. Out of this sample, 180 students (90 Iranian students and 90 Italian students) were ed through available sampling. To collect the data, it was used the Hall Knowledge of nonverbal cues Questionnaire and Mehling Multidimensional of Interoceptive awareness Scale was used. Analysis of the research data showed that there is a significant difference between nonverbal communication knowledge in Iranian and Italian students (p

**Keywords :** Keywords: Non-verbal communication knowledge, interoceptive awareness, Student.

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