Contribution ID: **98** Type: **Vortrag**

Can Music Benefit Stress Recovery?

Monday, 5 September 2022 11:00 (20 minutes)

Background: This study aimed to explore the effect of music on stress recovery using both subjective measurements and physiological indices.

Methods: Participants (N = 105) underwent the Trier Social Stress Test before being randomly allocated to four groups: group 1 listened to researcher-selected music; group 2 listened to self-selected music; group 3 listened to water sound; and group 4 remained in silence. During recovery, Visual Analogue Scales (VAS) was used, and saliva samples were collected for cortisol and saliva alpha-amylase (sAA) analysis.

Results: The change of VAS scores was significantly different ($F(3, 99) = 3.11$, $p = 0.030$, $d = 0.71$); the area under the curve with respect to increase (AUCi) of sAA was also different ($F(3, 95) = 3.36$, $p = 0.022$, $d = 0.85$); whereas there were no differences for the AUCi of cortisol. The planned contrasts revealed that, for VAS change, group 4 was higher than groups 1-3 ($t(99) = 0.049$, $r = 0.20$). For AUCi of sAA, group 1 was higher than group 2 ($t(95) = 0.003$, $r = 0.30$).

Conclusion: Music or nature sounds decreased recovery. Self-selected music was better than researcher-selected music on sAA.

Primary authors: FAHRENBACH, Florian; SKOLUDA, Nadine (Faculty of Psychology, University of Vienna); NATER, Urs M. (Department of Clinical and Health Psychology, Faculty of Psychology, University of Vienna; The Stress of Life (SOLE) – Processes and Mechanisms Underlying Everyday Life Stress, University of Vienna)

Presenter: FAHRENBACH, Florian

Session Classification: RG Stress und Stressbewältigung

Track Classification: Gesundheitspsychologie