

The Effect of Music on Mood: Exploring the Role of Genres, Melodies, and Tempos

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Abstract

Mood significantly influences how individuals approach daily tasks and overall well-being, with college students particularly susceptible to stressors that affect their mental health. Music, whether actively listened to or passively absorbed, is a common coping mechanism for students seeking emotional relief. Given the importance of managing emotions for maintaining positive mental health, music has the potential to serve as a tool for mood enhancement and well-being improvement. To investigate this relationship, the research team conducted field observations, surveys, in-depth interviews, and a focus group discussion with college students. The analysis revealed a significant correlation between music and mood, suggesting that music can positively influence emotional states. Based on these findings, the team developed a mobile application aimed at promoting well-being by leveraging music to improve mood, concluding that music can play a crucial role in enhancing emotional health and overall well-being.

Keywords: *Music, mood, influence, change, positive*

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Research Team

Rebecca Kohrman

Rebecca Kohrman is a junior Communication Design major. While collaborating with her teammates, Rebecca conducted field observations, created surveys, conducted a student interview, aided in prototyping, and worked on many parts of the research paper.



Megan Lenig

Megan Lenig is a junior Communication Design major and Digital Marketing minor. Working with her teammates she directed field observations, created and distributed surveys, interviewed Dr. Heinsen, conducted a focus group, worked on prototyping, gathered feedback, and assisted with writing the research paper.



Mia Tesoro

Mia Tesoro is a sophomore Psychology major, with a minor in Communication Design. As a team member, Mia guided field observations, created surveys, interviewed Dr. Guevarra, conducted a focus group, worked on prototyping, designed user personas, and assisted with writing the research paper.



Introduction

Music has always played a significant role in human history, influencing people in various ways. Music also has the power to affect emotions, mindset, and even one's physical state (Osmanoğlu, 2019). The music one listens to could shape their inner world, lifting their spirits, sparking creativity, and fostering positive thoughts (Osmanoğlu, 2019). For instance, classical music is often associated with a calming effect, helping to reduce stress and improve focus. Music could also serve as a tool for mood regulation: people frequently turn to music to either reinforce their current emotions or shift how they feel (Van Der Zwaag, 2011). Whether music brings joy, sadness, excitement, anger, or nostalgia, music has the ability to evoke a wide range of emotional responses.

The power of music lies in its ability to influence emotions, shift moods, and provide a form of auditory distraction. Music could serve as a coping mechanism, redirecting attention away from stressful stimuli and promoting relaxation (Murrock, 2005). The team is investigating how music, something people already engage with regularly, could be harnessed to bring positive changes in their lives. By helping individuals view their experiences from a different perspective, music might offer an accessible way to improve mental and emotional health. The research team believed in the importance of focusing on how people initially interact with music and what potential changes could lead to more positive moods and emotional states.

While it is widely acknowledged music could influence emotional states, there remain gaps in understanding how individuals could actively consider and use music to manage their moods. Existing research has highlighted music's role in everyday life as a tool for coping with stress and managing challenging emotions (Henry, 2021). However, less is known about how people could consciously reflect on their emotional state and actively use music to be influenced

or changed. The research team aims to explore how individuals could become more aware of their mood when engaging with music and how awareness could guide their choice of music in ways which promote emotional regulation. The study seeks to deepen the understanding of how people could use music intentionally as a tool for mood management.

Music has been used for thousands of years as a means of religious, cultural, social, and self-expression. The emotivist position states, music itself has inherent, unchangeable qualities which might incite in a listener a specific emotional response, as designed by the composer of a given piece. The cognitivist position notes: the emotion experienced by a listener is a product of emotions the listener associates with, or recognizes within, the music. Those who suffer from negative affect might seek out negatively valenced media to achieve some sort of gratifying emotional response (Shafron, 2010).

Music, which is both a science and art, is created by ordering tones or sounds in succession, in combination, and in temporal relationships to produce a composition having unity and continuity. Based on the elements of rhythm, melody, pitch, and harmony, music produces psychological responses within a person when music passes through the auditory cortex of the brain, which processes the music. The processing occurs in the limbic system, which is known as the center of emotions, sensations and feelings. Musical compositions are complex blends of expressively organized sound consisting of five elements: rhythm, melody, pitch, harmony and interval invoke both psychological and physiological responses (Murrock et al., 2009). These elements influence not only one's mental state but also one's bodily responses, such as heart rate, breathing, and even skin conductance, which are often used in research to measure the physical impact of music.

Music-based stress reduction interventions should be assessed in real-world settings, as the emotional effects of music could vary depending on the reasons individuals choose to listen to certain songs. One of the primary reasons people turn to music is for relaxation, seeking a calming or soothing effect to reduce stress. However, the effectiveness of music in stress reduction might depend on the intensity of the stressor. Research suggests music might be more effective at alleviating stress in situations involving mild stressors, but would have limited impact when the stressor is more severe (Linnemann et al., 2015). Linnemann highlights the need for a nuanced understanding of how different types of stressors interact with music, and how music-based interventions could be tailored to address specific stress levels in everyday life.

Music is a crucial element of everyday life and plays a central role in all human cultures: it is omnipresent and is listened to and played by persons of all ages, races, and ethnic backgrounds. Music could influence physiological processes which enhance physical and mental wellbeing. Benefits of music, including improved heart rate, motor skills, brain stimulation, and immune system enhancement. Music therapy has become an important part of internationally therapeutic and healthcare settings. Playing loud music incessantly to prisoners has been reported as a form of “music torture”. Studies on patients diagnosed with mental disorders such as anxiety, depression, and schizophrenia have shown a visible improvement in their mental health after general music and Music therapy interventions. (Rebecchini, 2021).

Emotions play a major role in terms of one’s choices, preferences, and decision-making. Music not only affects the brain activity but also emotions and feelings, which might lead to a change in perception towards the world. Music could influence the places customers go to, the atmosphere of these commercial premises, the amount of time customers are prepared to spend in them, the amount of money they spend, the products they buy, and various other perceptions

and beliefs concerning related products. Emotions are subjective, a song, for example, could induce different feelings in different people at the same time, and could also induce different feelings within the same person at different periods of time, and hence, collection of the ground truth data should be conducted carefully (Chaturvedi et al., 2021).

Music affects emotions and mood states as well as performance. Listening to music could lower levels of the stress hormones. Classical music reduces anxiety and depression and could enhance spatial task performance. New Age music leads to a relaxed, peaceful state and could facilitate sleep in elderly individuals. Grunge music leads to increased hostility, fatigue, sadness, and tension. Designer music is intended to facilitate mental and emotional balance so people experience clearer and more positive perceptions. When a subject likes the music, there is a higher likelihood of it invoking a positively affected state (McCraty et al., 1998).

Meyer's Emotion and Meaning in Music: emotion is "temporary and evanescent" while mood is "relatively permanent and stable". Musical meaning lies exclusively within the context of the work itself. Musical meanings refer to the extra-musical world of concepts, actions, emotional states, and character. Two sources of emotion in music: intrinsic emotion and extrinsic emotion. Intrinsic emotion is triggered by specific structural characteristics of the music. Extrinsic emotion is from the semantic context related but outside the music. Not all moods are equally likely to be aroused by listening to music. Not all types of moods have the same level of agreement among listeners (Hu, 2010).

Music possesses a remarkable capacity to induce transformative changes in the brain, fostering neuroplasticity and reshaping neural networks. Music's influence spans the entire lifespan, from prenatal development to the challenges of aging, affecting cognitive, emotional, physical, and social well-being. Music's positive effects on cognition encompass memory,

attention, and learning, highlighting its potential as a cognitive enhancer. Music profoundly impacts emotional states, offering therapeutic benefits in alleviating stress, anxiety, and depression. Music's unique ability to foster social bonding and communication underscores its significance in promoting social well-being. The recognition of music's therapeutic potential has given rise to music therapy as a non-pharmacological intervention for a wide range of diseases (Zaatar et al., 2023).

The affective response theory is a prominent music and emotion theory which proposes: listeners respond to music by way of several distinct mechanisms. When people listen to music they have the potential to sense and "copy" the emotions it expresses. Studies show people could recognize and feel the emotions in music. Defenders of arousal theory argue, perceiving music as expressive of emotion consists of the music arousing bodily feelings or emotions. Affective responses are central to understanding the emotional meaning of music (Lauria, 2023).

The mood management theory is based on the idea that individuals are motivated to reduce negative emotions and enhance positive ones. In other words, people choose media based on how it influences their feelings. For example, when feeling down, individuals often select media, like music, which could improve their mood. Engaging with media to improve mood could, in turn contribute to greater overall wellbeing (Reinecke, 2017).

Methodology

Research Population

The research focuses on a population of college students enrolled in classes at Miami University's Oxford campus, with an emphasis on undergraduate students aged 18 to 21. The total number of participants varied depending on the specific research method used; The exact numbers are provided in the relevant sections of the study.

Methods

a. Field Observations

Through field observations, the research team explored how students interact with music across multiple contexts. Each team member conducted individual observations totalling to six separate sessions. The research team was able to examine both passive and active forms of interaction. The total number of individuals was not necessarily recorded due to the constant movement of people in the spaces. Locations for observations included the King Library, the campus Recreation Center, and local bars near campus. In a group setting, many individuals actively engage with the music by dancing, or singing along to lyrics; suggesting as a group, music could act as a bonding activity. In contrast, individuals could prefer to passively listen to the music in social outings using it as a background noise. On campus, students walking alone predominantly utilized headphones to listen to music. Most of these individuals engage with music passively by using it as a way to distract themselves while studying or walking to class. The observations conducted by the research team indicate that music plays a significant role in the lives of students.



Figure 1: Observing individuals at Oxford campuses Recreational Center for interactions with music, the individual in the photo is wearing headphones.

b. Surveys

The surveys provided further insights into how students interact with music and their perceptions of its connection to mood. A total of 64 responses were collected across three surveys, offering a broad sample of opinions. The three surveys were created to investigate the different ways individuals interact with music, how individuals feel about certain genres, and what emotions they feel when listening to certain music. The findings indicate students might primarily listen to music to distract themselves, elevate their mood, and bring joy.

Regarding mood regulation, many respondents reported using specific types of music to help cope with negative emotions. The genres chosen often depended on personal preferences, but certain types of music were consistently associated with specific emotional responses. For instance, pop music was described as catchy and upbeat, while rock was seen as loud and unpredictable, often evoking more intense feelings. When asked, "Does your mood change after listening to music?" The most common response was, "Yes, it changes depending on the type of

music I am listening to." Students are aware of the emotional impact of different music genres and use them intentionally to influence their mood. These survey results confirm music is not only a source of entertainment for students but also a tool for emotional regulation, helping them cope with stress and improve their emotional well-being.

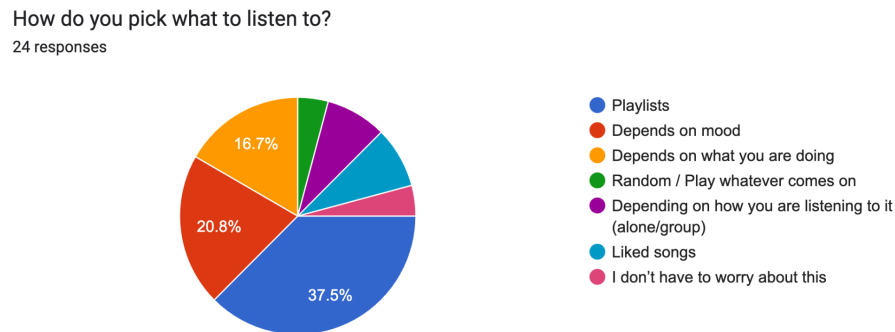


Figure 2: A chart from one of the surveys asking respondents, “How do you pick what you listen to?”.

c. Interviews

The series of interviews provided valuable insights into the complex relationship between music and mood, highlighting how music influences productivity, emotional regulation, and personal well-being in diverse contexts. In total, three individuals were interviewed.

The interview with the Miami student revealed music is often used as a passive tool to enhance focus and fill moments of silence. The student explained, listening to classical music without lyrics helps improve concentration and efficiency when completing assignments, with their mood directly impacting their ability to work. When in a better mood, they were able to complete tasks more quickly and effectively, illustrating the positive influence of music on both mental clarity and productivity.

An interview with Dr. Heinsen provided a more neurological perspective, explaining the brain’s ability to recognize familiar music and associate it with past experiences plays a

significant role in shaping emotional responses. She noted both upbeat and slower music styles are culturally ingrained and are linked to specific moods. Dr. Heinsen also highlighted the potential therapeutic benefits of music creation, suggesting music's ability to create a healthy outlet for emotional expression and could improve mental health. Her research underscores the idea of music being used not only for passive listening but also as a tool for self-expression and emotional regulation. The ongoing question of whether individuals choose music based on mood or if music influences one's mood was also raised, emphasizing the complexity of the relationship.

In contrast, Dr. Guevarra's interview offered a different perspective on the music-mood connection. Dr. Guevarra stated, "what I listen to determines my mood", challenging the more common view suggesting individuals select music based on one's current emotional state. Music has the power to actively shape emotions, rather than simply reflect them. Guevarra's preference for music which emphasizes melody and rhythm rather than lyrics, further highlights how the emotional impact of music is often driven by its beat and sound. There is a profound connection between rhythm and emotion, indicating music's influence on mood is not always tied to the lyrical content but to its ability to evoke strong feelings through sound alone.

The insights gathered from these interviews align with existing research on the relationship between music and mood, emphasizing the multifaceted role music plays in emotional regulation and cognitive performance. Studies have shown music could influence mood, boost productivity, and enhance focus, particularly in environments where mental clarity and concentration are essential, such as academic or professional settings. Research on music therapy also supports the notion of engaging with music, whether through passive listening or active creation could have therapeutic benefits for mental health, promoting emotional

expression and reducing stress. Dr. Heinsen's suggestion to create spaces for learning music as a means of emotional regulation is consistent with current trends in music therapy, which have demonstrated structured music-making could improve emotional well-being and support cognitive development. Furthermore, Dr. Guevarra's experience underscores findings from psychological studies which highlight how music, particularly its melody and rhythm, could actively shape emotional states, rather than merely reflecting them. These findings suggest music's impact is both profound and versatile, supporting its use not only as a tool for productivity but also as an intervention for mental health improvement. Taking into consideration, businesses in industries such as wellness, education, and healthcare might benefit from integrating music into their work environments, either as a means to enhance focus and performance or as part of broader wellness initiatives aimed at improving emotional and cognitive health.

d. Focus Group

The research team conducted a focus group with seven students from Miami University to explore their perspectives on the relationship between music and mood. During the discussion, participants highlighted the emotional impact of music, with some noting the unique, immersive experience of live music. They described live performances as having the capacity to inspire and evoke intense emotional responses, emphasizing how the setting and delivery of music could amplify its emotional effects.

While students expressed varied preferences regarding music genres, a common theme emerged: many participants believed that music has the ability to alter their mood and serve as a source of motivation. Some noted using music to energize themselves, particularly when

engaging in tasks such as studying or exercising. This suggests that music can function as a tool for mood enhancement, tailored to specific activities or emotional needs.

Additionally, many students described music as a constant presence in their daily lives, often functioning as background noise. Whether through headphones, speakers, or in social spaces, music was reported to be "always playing" in their environments. For many participants, it served as an integral part of their routine, providing a continuous auditory backdrop to daily activities.

Overall, the focus group revealed that the emotional impact of music is highly individualized. Different genres and styles evoke distinct emotional responses depending on personal preferences, underscoring the diverse ways in which music influences mood. These findings suggest that music can be a valuable tool for emotional regulation, with its effects varying based on individual contexts and needs.

Methodology: Data

The data collected by the research team reveals the majority of students engage with music in some capacity, whether actively or passively. Some individuals use music as a tool to cope with emotions, while others prefer to listen to music passively, using it as background noise or a distraction.

In total, 64 responses were recorded across the three surveys distributed. The demographic breakdown of participants is as follows: 79.2% identified as female, while 16.7% identified as male. The remaining participants included those who preferred not to specify their gender. Regarding academic standing, 29.2% of the participants were college sophomores, and

another 29.2% were college seniors. The majority of participants (58.3%) were in the age range of 18-21, reflecting the targeted age group of the research.

These results suggest that music plays a significant role in the lives of college students across various contexts. Factors such as gender, academic standing, and age may influence how students interact with music and use it to manage their emotions and daily activities. This highlights the potential for music to serve as a personalized tool for emotional regulation and well-being, with different demographic variables shaping students' musical preferences and listening habits.

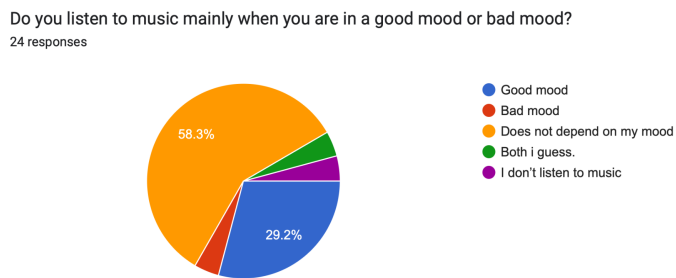


Figure 3: A question from a survey asking participants if they listen to music when in a good mood or bad mood.

A majority of participants, 58.3%, reported that the music they choose does not depend on their mood. However, 29.2% stated that they typically listen to music when in a good mood. The question, “Do you listen to music mainly when you are in a good mood or bad mood?” provided the research team with valuable insights into the initial reasoning behind song selection. This information helped clarify the underlying factors that influence when and why individuals choose specific types of music, offering a deeper understanding of the relationship between mood and music preferences.

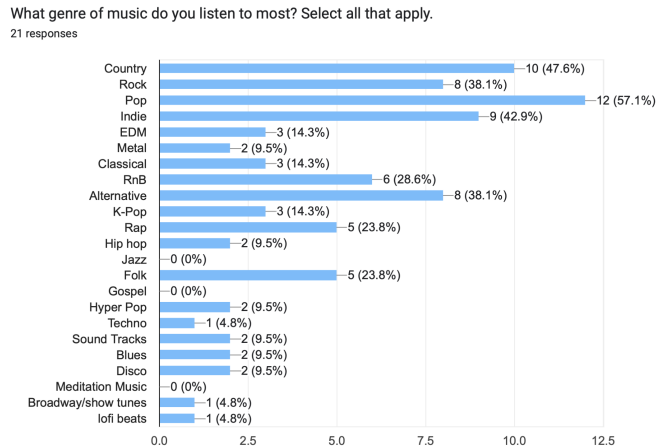


Figure 4: A chart from one of the surveys asking respondents, “What genre of music do you listen to most?”.

The most popular genre among participants was pop music, with 57.1% of respondents identifying it as their favorite, followed by country music at 47.6%. While the focus of the research was not specifically on genre preferences, this data provided useful insights for the development of the team’s final prototype. Asking participants about their favorite music genre also helped identify tempo and melodic patterns that might be associated with mood, offering additional context for how music influences emotional states. These findings contributed to a more informed selection of musical elements to incorporate into the prototype..

Design Recommendation

The research team came up with various ideas to create a solution to how students could consider mood when interacting with music. The team realized many students utilize their phones on a daily basis and it would be important to consider when creating a design. The team came up with three initial solutions to the main problem which includes:

1. A music application which would generate playlists based on prompting the user with questions about their current mood;

2. A mobile application or physical journal where an individual would be able to answer daily prompts about their mental health/music interests which would be paired with a calming playlist to help the user relax or unwind;
3. A mobile application with a main feature of socializing online with others to discuss music which could allow a sense of community for the user;

Ultimately, the team decided to combine these ideas into one final application prototype. Based on the research findings, the team conceptualized and designed an application which bridges the gap between two music streaming platforms Apple Music and Spotify together. The specific prototype was created to address the lack of engagement of music and emotions in a meaningful way. Music plays a role in mood regulation, so actively engaging with music could provide a user with improved emotions on a daily basis. The research team wanted to create a music application which was more than just streaming. Aspects of community, personalization, and self reflection were deeply considered within the design.

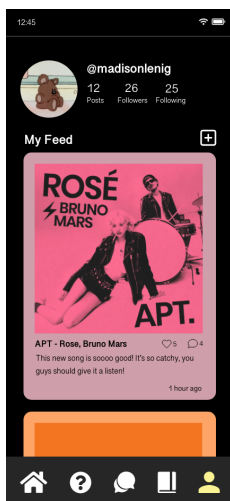


Figure 5: The profile page which features the social media posts they have created as advertisement for the music.

The image above showcases the profile page of the user in the application prototype. This page includes key information such as the user's profile picture, follower count, and personal feed. Users can create new posts, as well as review and interact with their previous ones. Each post is color-coded based on the album art, enhancing the visual experience and providing a more vibrant and personalized interface. This feature aims to make the user's interaction with the application more engaging and visually dynamic.

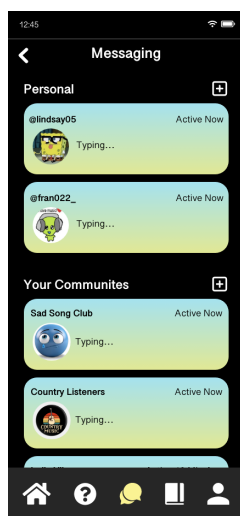


Figure 6: The messaging page where the user could chat individually or in a group setting.

The messaging section of the application is divided into two distinct parts. The "Personal" section is designed for one-on-one chats, allowing users to connect with friends or new people to discuss anything related to music. The second section, "Your Communities," features group chats centered around specific themes. Users can join these community chats to engage in discussions on particular topics, fostering connections with others who share similar interests and creating opportunities for social interaction. This structure enhances both personalized communication and community-building within the app.

The application incorporates several key elements, with a strong focus on social media features to foster a sense of community among users. Users can create posts about their favorite

songs, recent listens, and music-related experiences, offering opportunities to interact with others who share similar interests. This element allows users to build closer relationships with friends and meet new people through their shared passion for music. In addition to public posts, the application provides the option for private chats, enabling users to share their opinions and discuss music in a more personal setting. These features promote both public and private engagement, enhancing the overall social experience within the app.

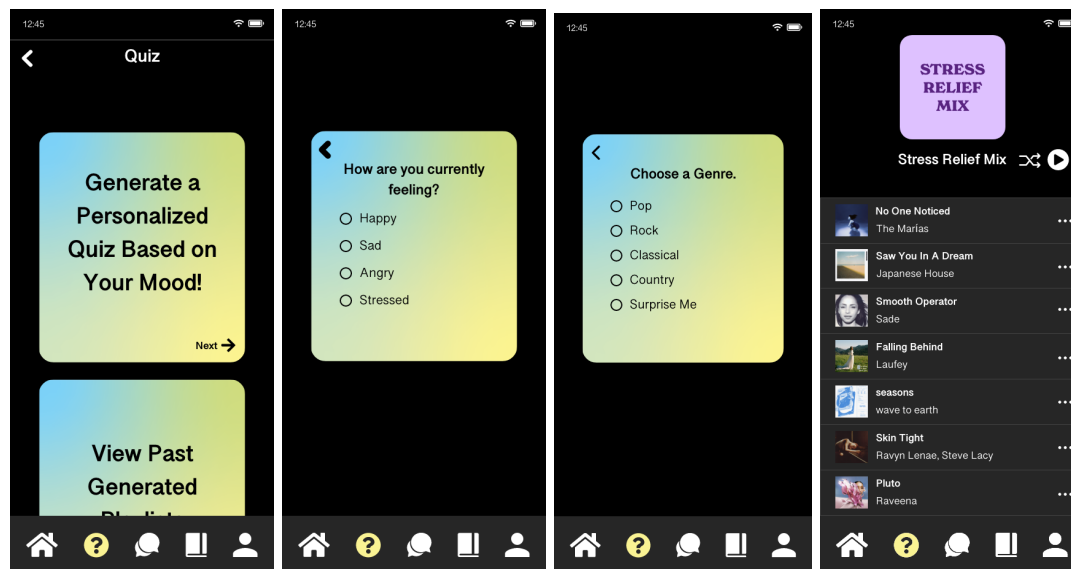


Figure 7: The Quiz section of the mobile application which prompts users with questions to generate a playlist.

An important feature of the mobile application is the mood-based playlist. This section includes a quiz that allows users to select their preferred music genre and current mood. Based on their responses, a personalized playlist is generated to match their emotional state and musical preferences. This feature aims to enhance the user experience by providing a curated selection of music that aligns with their mood, promoting emotional regulation and a more tailored listening experience.

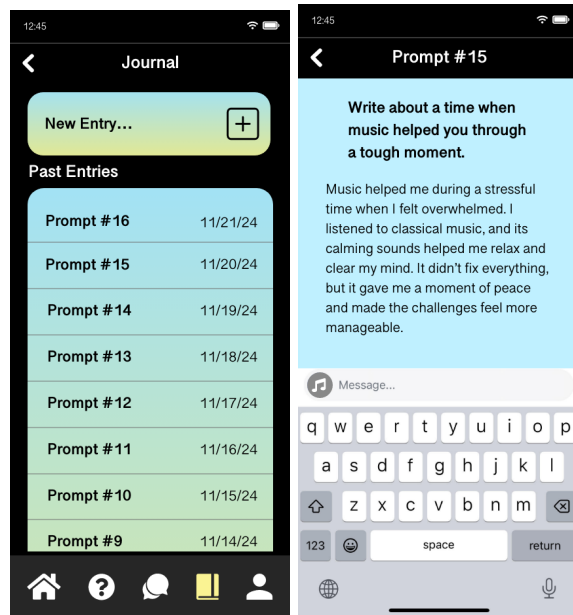


Figure 8: Screenshots of the journal section of the application where the user could access past entries or new ones which are based on a given prompt, they also have the ability to create their own prompts.

To conclude the application, a separate journaling section was included, providing users with a private space to reflect on their thoughts and emotions. This feature offers prompts related to music, encouraging deeper personal introspection. The journaling section aims to enhance emotional self-awareness and provide a therapeutic outlet for users.

The prototype was developed using Adobe XD, a software program that was easily accessible to the team members and allowed for efficient creation of the application design. Prior to beginning the design process in Adobe XD, the researchers created initial low-fidelity sketches to explore different layout options and determine the best direction for the application. With the core concept in mind, the team then refined these ideas into a finalized application prototype.

Prototype Testing

The research team conducted testing with 15 individuals to gather feedback on the overall design, usability, and effectiveness of the mobile application. Each team member carried out user testing individually, ensuring that participants navigated through the application while discussing their experiences and providing input on potential issues. This approach was intended to yield accurate and unbiased results.

Through the testing process, both positive features and areas for improvement were identified. Participants found the application easy to navigate, with intuitive tabs and screens. Many users appreciated the gradient color scheme, which contrasted well with the dark background, enhancing the visual appeal. The quiz feature was particularly well-received, with multiple users noting that the colors selected aligned well with different moods, making the experience enjoyable. The integration of social media within a music application was an unexpected feature for users; however, they saw it as a valuable addition, particularly for engaging with the young adult audience.

While users expressed enthusiasm about features such as sharing posts, playlists, and discovering new music through friends' activity, several aspects of the prototype were flagged for improvement. A significant portion of the feedback suggested removing the journaling feature, as many users felt it did not align with the primary focus of music and social interaction. Instead, users recommended adding a centralized playlist section where all playlists could be easily accessed. Additionally, some users experienced difficulties with navigation and suggested streamlining transitions to enhance the user experience.

Overall, the prototype was seen as promising, with users expressing interest in more customization options and smoother transitions. The feedback emphasized the importance of

refining the user interface and simplifying features to better meet user expectations, pointing to opportunities for further improvement in both functionality and design.

Results & Conclusions

The research focused on understanding how individuals interact with music and the relationship between music and mood. The team explored how mood influences music selection and, conversely, how music can alter one's emotional state. A hypothesis was developed suggesting that there is a strong connection between music and mood, with music having the potential to positively influence mood and, in turn, enhance overall well-being. It was proposed that if individuals actively engage with music while considering their emotional state, they could experience improved emotions, leading to a more positive mood and better emotional regulation.

Limitations & Future Directions

The limitations of the research were caused due to complications with field observations. It was challenging to examine individuals and their interaction with music. When observing individuals who were using headphones, it was complex to discern what they were actually listening to. While observing individuals' interaction with music playing through speakers, the individuals were distracted by other external stimuli. If time allowed, further observations could aid potentially attending a music related event on campus to observe how students interact. The research was also limited to a small sample size of students attending Miami University's Oxford campus. Hence the responses, there was not a large population of individuals who took the surveys and the data collected was not representative of a whole population of diverse individuals.

The prototype offers a promising approach to using music for mood regulation, but there are several limitations to address. First, the mood quiz might not fully capture the complexity of a user's emotional state, leading to less accurate playlists. Additionally, the mobile application's

reliance on external platforms like Apple Music and Spotify means it depends on their stability and availability, which could limit functionality. Privacy and data security are concerns, particularly with the journaling feature which stores sensitive information. The application also requires consistent user engagement to be effective, but not all users would use it regularly. The emotional insights provided by the application are surface-level, and more sophisticated tracking could improve its impact. The social media component also poses risks related to privacy and negative interactions, requiring strong moderation. Lastly, technical issues like application crashes or compatibility problems could disrupt the user experience, and the need for paid streaming subscriptions could limit accessibility. Overall, while the application has great potential, further development and user feedback are needed to address these limitations.

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Appendix

Field Observations:

1. [Field Research Data](#)
2. [Photographs](#)
3. [Rebecca](#)
4. [Megan](#)
5. [Mia](#)

Surveys:

1. [How Do You Listen To Music?](#)
2. [What Genre Would You Choose?](#)
3. [Mood In Relation To Music](#)

Interview Questions:

1. [Rebecca](#)
2. [Megan](#)
3. [Mia](#)

Interview Transcripts:

1. [Rebecca](#)
2. [Megan](#)
3. [Mia](#)

Focus Group:

1. [Focus Group Outline](#)
2. [Focus Group Transcript](#)
3. [Consent Form](#)

[Personas](#)

Prototyping:

1. [Prototyping Data](#)
2. [Final Prototype](#)

Survey: What Genre Would You Choose?

Questions from the Survey Below

What genre of music do you listen to most? Select all that apply. *

- ☐ Country
- ☐ Rock
- ☐ Pop
- ☐ Indie
- ☐ EDM
- ☐ Metal
- ☐ Classical
- ☐ RnB
- ☐ Alternative
- ☐ K-Pop
- ☐ Rap
- ☐ Hip hop
- ☐ Jazz
- ☐ Folk
- ☐ Gospel
- ☐ Hyper Pop
- ☐ Techno
- ☐ Sound Tracks
- ☐ Blues
- ☐ Disco
- ☐ Meditation Music
- ☐ Other...

How do you feel when you listen to the genre you chose above? (Please list an emotion) *

Short answer text

When you're having a bad day, what tempo of music do you choose to listen to? *

	1	2	3	4	5	
Slow	☐	☐	☐	☐	☐	Upbeat

When you're hanging out with your friends, what tempo of music do you choose to listen to? *

	1	2	3	4	5	
Slow	☐	☐	☐	☐	☐	Upbeat

When driving, what tempo of music do you choose to listen to?

	1	2	3	4	5	
Slow	☐	☐	☐	☐	☐	Upbeat

What genre of music do you listen to when you're sad? *

Short answer text

What genre of music do you listen to when you're happy? *

Short answer text

What genre of music do you listen to with your friends? *

Short answer text

What genre of music do you listen to when you want to relax? *

Short answer text

What genre of music do you listen to when you're walking to class? *

Short answer text

*

What types of music make you want to celebrate?

Short answer text

*

Tell me about a time when you used music to cope with an emotion you were having?

Long answer text

Survey: How Do You Listen To Music?

Questions from the Survey Below

Why do you listen to music? *

Short answer text

How many hours do you listen to music a day? *

☐ I do not listen to music daily

☐ Less than an hour

☐ 1-2 Hours

☐ 3-4 Hours

☐ 5-6 Hours

☐ 7+ Hours

☐ Other...

Do you listen to music everyday? If not, please answer how often in other. *

- ☐ Yes
- ☐ No
- ☐ Mostly
- ☐ Other...

Where do you typically listen to music? Select all that apply. *

- ☐ In the car
- ☐ On the bus
- ☐ Walking to class
- ☐ At the gym
- ☐ In your room
- ☐ At the library
- ☐ In class
- ☐ Other...

When do you typically listen to music? Select all that apply. *

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ Other...

Does the time of day change the genre of music you listen to? (explain below) *

Short answer text

Survey: Mood in Relation to Music.

Questions from the Survey Below

Please listen to the song in this section and record how it makes you feel.

Description (optional)

How did this song make you feel? *

☐ Sad

☐ Angry

☐ Happy

☐ Disgust

☐ Fear

☐ Surprise

☐ Other...

What made you feel that way? *

Long answer text

Did this song influence your mood in a positive way? *

☐ Yes

☐ No

☐ Indifferent

☐ Other...

Songs from different categories were included in the survey: “Espresso by Sabrina Carpenter “, “Not Like Us by Kendrick Lamar”, “Aint No Love in Oklahoma By Luke Combs”, “Sober By Bartees Strange”, and “The Emptiness Machine By Linkin Park”.

*Interview Questions - Rebecca Kohrman's interview with a Miami Student**Warm Up Questions*

1. Please tell me more information about yourself, what is your major and what year are you?
2. How are you feeling about this semester so far?

We will begin by starting with a *Mood Assessment*. Please answer each question to the best of your ability.

1. How would you rate your current mood on a scale of 1-5? (1 being very sad and 5 being very happy)
2. What activities would you say improve your mood?
3. What causes you stress in your daily life?
 - a. What are some strategies you use to cope with stress?
4. What is your general mental health like?
 - a. In general?
 - b. Today?
5. Give an example of how mood has affected your productivity.
6. What are some activities or hobbies you enjoy doing when you feel down?
7. How has your overall mental health been this week?
8. What aspects of your life affect your wellbeing?
9. How does college in general affect your mood?
10. Rate your satisfaction with your current work-life balance on a scale of 1-5.
11. Rate your sleep quality on a scale of 1-5.

- a. Does this affect your overall mood?
- b.

Questions about *music*.

1. What comes to mind when you hear the word music?
2. How often do you listen to music?
3. What genres of music do you listen to? You can list as many as you like.
4. Why do you listen to music?
5. What apps do you use to listen to music?
6. What emotions do you feel when you listen to music?
 - a. Does it depend on the genre?
7. Have you ever used music to influence your mood?
8. What about a song makes you enjoy it?
9. In your opinion what is the relationship between music and mood?
10. How can music help with concentration?
 - a. How can music act as a distraction?

Interview Questions - Megan Lenig's interview with Dr. Heinsen

1. Can you describe your research focus within the intersection of music and human learning?
2. What inspired you to explore the connection between music and mood?
3. What do you find most useful in understanding how music influences mood?
4. How do different musical elements (e.g., tempo, key, rhythm) contribute to emotional responses?
5. What are some key findings from your research regarding music's impact on mood?
6. Have you observed any particular genres or styles of music that are more effective in altering mood?
7. How can your research be applied in educational settings to enhance learning through music?
8. What role do you think music therapy plays in addressing mood disorders?
9. How has your own relationship with music influenced your understanding of its emotional effects?
10. Can you share a personal experience where music significantly impacted your mood?
11. What future research directions do you believe are important for understanding music and mood?
12. How do you see the role of technology (like streaming services and apps) in shaping our musical experiences and their effects on mood?
13. What implications do your findings have for mental health and well-being in general?
14. In what ways do you think educators and mental health professionals can better incorporate music into their practices?

Interview Questions - Mia Tesoro's interview with Dr. Guevarra

1. How are you doing today?
2. What's been on your mind?
3. On a scale of one to ten how has your overall mood been this week?
4. What genre of music do you listen to the most?
5. Do you listen to music on a regular basis?
6. What emotions typically stem from listening to music?
7. Does your mood determine what you listen to?
8. Why do you choose to listen to music?
9. How would you describe the relationship between music and mood?
10. What parts of a song do you enjoy the most? (lyrics, melody, instruments, etc)
11. How can your music taste and what genre you choose, create a specific mood?
12. In what ways can music influence your mental health?
13. Does the environment you are in determine what you listen to?
14. Do any stories come to mind when you listen to a specific song?
15. Do you get an adrenaline rush when listening to a certain genre?
16. What app or apps do you use to listen to music?
17. What do you like and dislike about these apps? (pros and cons)
18. Would you be okay if I played you a song and you told me how you felt after listening?

Focus Group Questions

Questions:

- Do you consent to being recorded in this focus group? Will we be using the recording only for research purposes?
- If everyone would like to, please introduce yourselves.
- We will begin with a quick icebreaker to get everyone more familiar with each other. Please tell us your favorite class you have taken at Miami University, and why you enjoyed it.

Mood Questions:

1. What has been on your mind lately?
2. When do your emotions tend to be a problem?
3. What is your current mood?
4. What three specific feelings do you particularly feel on a regular basis?
5. When you feel a certain type of emotion, what music is the first you choose to put on?
6. Tell me about a time when you used music to cope with an emotion you were having?
7. How do you figure out what music you need when you feel a certain way?
8. When feeling a negative emotion, whether that be; sad, angry, frightened, or disgusted. What do you do to cope or get yourself out of that state of mind?
9. When feeling a positive emotion, whether that be; happy, excited, or content. What do you do to cope or get yourself out of that state of mind?

Music Questions:

1. How is your overall mental health today?
2. What is your favorite genre of music and why?
3. What is your least favorite genre of music?
4. Describe a time that music has influenced your mood in a negative way?
5. Describe a time that music has influenced your mood in a positive way?
6. When you pick a song to listen to, what do you gravitate towards when you are in a bad mood?
7. When you pick a song to listen to, what do you gravitate towards when you are in a good mood?

Music Responses:

- We will now play clips of songs and ask for your genuine reactions and feelings towards them.
 - Classical <https://www.youtube.com/watch?v=VLR7s8Rq7Dw>
 - Heavy Metal <https://www.youtube.com/watch?v=E0ozmU9cJDg>
 - Country https://www.youtube.com/watch?v=LNSH_DczCZE
 - Electronic <https://www.youtube.com/watch?v=gCYcHz2k5x0>
 - Designer <https://www.youtube.com/watch?v=S1HOBxVvF58>
 - Pop <https://www.youtube.com/watch?v=kPa7bsKwL-c>
- We are nearing the end of this focus group, do you guys have anything else to add?