Effects of Music and Kaleidoscope Patterns on State Anxiety Reduction

We examined the effects of different kaleidoscope video lengths and music speed and pitch on state anxiety reduction on a sample of university students. Our 84 participants were selected through classroom recruiting and walk-in appointments. Four video conditions were created from the same kaleidoscope video. Two of these were 90 seconds long, one which had the slow, unaltered music, and the other which had the sped up, pitch-dropped version of the same song. The other two conditions were the same video, but three minutes in length—one with the slow, unaltered music, and the other with the faster, pitch-dropped version of the music. Longer videos with slower music were predicted to be more effective at reducing state anxiety, while shorter conditions with faster music were predicted to be less effective at reducing state anxiety. State anxiety was tested twice, once before having participants view one of the four videos, and once after. There was no main effect for the music speed and pitch on state anxiety, $F(1, 80) = .45$, $p = .506$, and there was no main effect for time length on state anxiety, $F(1, 80) = .21$, $p = .648$. There was also no significant interaction effect of the two variables on state anxiety, $F(1, 80) = .96$, $p = .330$.