

# How does horror effect us?

We did some research on the effects of horror in the human body. We studied the examinees breathing, the amount of oxygen in the examinees blood and the electroencephalogram. It's often believed that breathing becomes faster and less deep and the the heartrate increases. We wanted to know if that is actually the case.

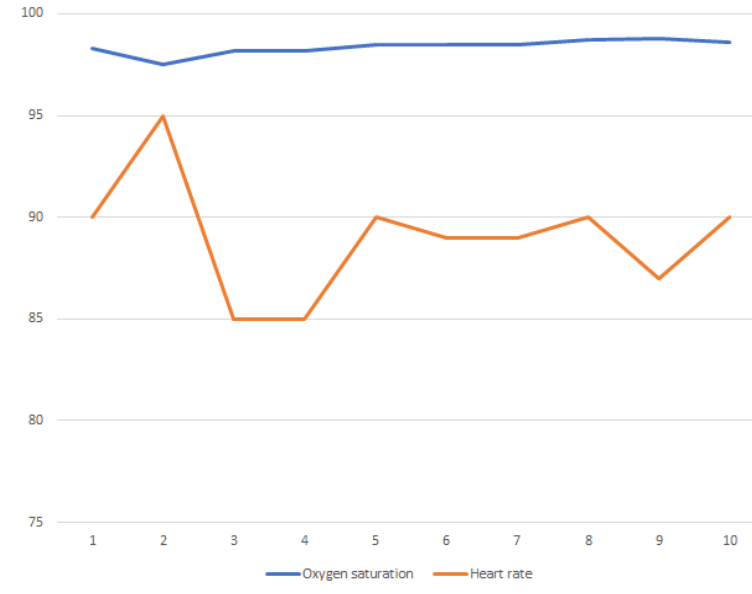
## Mistakes and things we could have done better

Our examination was too small scaled. We had only one examinee and showed her clips that turned out to not be that scary. We did not have time to choose more clips because of the schedule. The schedule was



Our examinee watched the horror film *The Shining*.

Here is our examinee Aliisa in the research setup.



This is a ten minute sample of our study that shows the changes in heart rate and oxygen saturation while the examinee was watching the movie.

## Results and analysis

We found that the oxygen saturation and also the heartrate decreased when a scary scene was showed to the examinee. We weren't capable to analyse the electroencephalogram because we did not know how to read it.

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