Start by following the link to the Edison State Databases.
If you are not on the Piqua or Darke County Campuses, you must use the link **For Use Off Campus**. This will require you to input your name and Library barcode number (the 14 digit number on the back of your student ID). If you don’t have access to the barcode number, contact the Library by phone or email.

PsychINFO is on the main database page.
Start your research with a basic keyword or text search. Keywords are the most important words in a topic. For example, if my topic is “What is the effect of listening to music on stress?” music and stress would be the keywords and I’d be most effective starting my search for both in the complete text.

Then continue down the page for more ways to fine-tune your search.

Does the assignment require articles to be peer-reviewed?
<table>
<thead>
<tr>
<th>Table: Publication Filters</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Publication Year</strong></td>
</tr>
<tr>
<td><strong>Peer Reviewed</strong></td>
</tr>
<tr>
<td><strong>Publication Status</strong></td>
</tr>
<tr>
<td><strong>English</strong></td>
</tr>
<tr>
<td><strong>Language</strong></td>
</tr>
<tr>
<td><strong>Population Group</strong></td>
</tr>
<tr>
<td><strong>Intended Audience</strong></td>
</tr>
<tr>
<td><strong>Book Type</strong></td>
</tr>
<tr>
<td><strong>Classification Codes</strong></td>
</tr>
</tbody>
</table>

**Filters**:
- **Publication Year**: 
- **Peer Reviewed**: 
- **Publication Status**: All
- **English**: 
- **Language**: 
- **Population Group**: All
- **Intended Audience**: All
- **Book Type**: All
- **Classification Codes**: 

**Search Button**: Search
Look for subjects that will help fine-tune your search. Note that you can also choose age groups and genders.
Changing the text search to a subject search, based upon valid subject headings found in the citations, decreased articles to search through by 330.
Music listening as a means of stress reduction in daily life

Full Text Finder Results
Resources Located for this Citation
Find full text from OhiOLink Electronic Journals Center - New
Institution Selection Form

OhioLINK Off-Campus Authentication For Access to Services

Please select your institution: Edison State Community College

Please select a branch location: Main Campus

Submit

If you are having trouble authenticating, please contact your local library.

This service provides access to OhioLINK databases from non-campus locations. Our database licenses require us to verify that each user is a current student, staff member, or faculty member at one of the OhioLINK member institutions. Please select your institution from the pull-down menu and follow the instructions for authenticating for your institution.
OhioLINK Authentication Form

You are authenticating as a member of Edison Community College. If this is not correct, please click here.

Please enter the following items then click on the submit button.

- Enter your name: last name followed by first name (e.g. Smith Jane)
- Enter your library card # (no hyphens)

Submit

Music listening as a means of stress reduction in daily life

Authors: A. Linnemann; B. Ditzen; J. Straßer; J.M. Doerr; et al. (author info)

Source: Psychoendocrinology
Vol. 60, October 2012, pp. 82-90

Permalink: http://new.ohiolink.edu/journals/article/339583001

Abstract: The relation between music listening and stress is inconsistently reported across studies, with the major part of studies being set in experimental settings. Furthermore, the psychobiological mechanisms for a potential stress-reducing effect remain unclear. We examined the potential stress-reducing effect of music listening in everyday life using both subjective and objective indicators of stress. Fifty-five healthy university students were examined in an ambulatory assessment study, both during a regular week (five days) and during an examination week (five days). Participants rated their current music-listening behavior and perceived stress levels four times per day, and a sub-sample (n=25) additionally provided saliva samples for the later analysis of cortisol and alpha-amylase on two consecutive days during both weeks. Results revealed that music listening was effective in reducing subjective stress levels (p=0.010). The most profound effects were found when 'relaxation' was stated as the reason for music listening, with subsequent decreases in subjective stress levels (p=0.019) and lower cortisol concentrations (p=0.001). Alpha-amylase varied as a function of the arousal of the selected music, with energizing music increasing and relaxing music decreasing alpha-amylase activity (p=0.025). These findings suggest that music listening can be considered a means of stress reduction in daily life, especially if it is listened to for the reason of relaxation. Furthermore, these results shed light on the psychobiological mechanisms underlying the stress-reducing effect of music, with music listening differentially affecting the physiological stress systems.

Keywords: Alpha-amylase; Ambulatory assessment; Cortisol; Music listening; Stress reduction

DOI: 10.1016/j.psyneuen.2012.06.008
Publisher: Elsevier Science

Author Info:

- Ditzen, B.
- Doerr, J.M.
- Linnemann, A.
- Nater, U.M.
Music listening as a means of stress reduction in daily life

Alexandra Linnemann*, Beate Ditzen*, Jana Strahler*, Johann M. Doer*†, Urs M. Nater*†

*University of Marburg, Department of Psychology, Marburg, Germany
†Neidenberg University Hospital, Department of Medical Psychology, Neidenberg, Germany

Received 11 May 2015; revised 12 June 2016

Summary. The relation between music listening and stress is inconsistently reported across studies, with the major part of studies being set in experimental settings. Furthermore, the psychological mechanisms for a potential stress-reducing effect remain unclear. We examined the potential stress-reducing effect of music listening in everyday life using both subjective and objective indicators of stress. Fifty-five healthy university students were examined in an ambulatory assessment study, both during a regular term week (five days) and during an examination week (five days). Participants rated their current music-listening behavior and perceived stress levels four times per day, and a sub-sample (n = 23) additionally provided saliva samples for the later analysis of cortisol and alpha-amylase on two consecutive days during both weeks. Results revealed that more music listening was effective in reducing subjective stress levels (p < 0.01). The most pronounced effects were found when relaxation was stated as the reason for music listening, with subsequent decreases in subjective stress levels (p < 0.001) and lower cortisol concentrations (p < 0.001). Alpha-amylase varied as a function of the arousal of the selected music, with energizing music increasing and relaxing music decreasing alpha amylase activity (p < 0.005). These findings suggest that music listening can be considered a means of stress reduction in daily life, especially if it is listened to for the reason of relaxation. Furthermore, these results shed light on the physiological mechanisms underlying the stress-reducing effect of music, with music listening differentially affecting the physiological stress system.

© 2015 Elsevier Ltd. All rights reserved.

1. Introduction

Music listening is a means of stress reduction in daily life...
Music listening as a means of stress reduction in daily life

Authors: A. Linnemann, B. Ditzen; J. Straßer, J.M. Doerr; et al.
Source: Psychoneuroendocrinology
Vol. 00, October, 2013, pp. 82-90

Abstract: The relation between stress and listening preferences is well established. However, the reducing effect of music on stress has not been examined in an ambulatory setting. Furthermore, different studies have found that reduced stress may be achieved with different methods of music listening, with subjective assessments of music's effect on stress. The aim of this study was to examine the role of music listening in reducing stress. Fifty-five healthy university students were examined during an examination week (five days). Participants were assigned to a sub-sample (n=25) who additionally provided saliva samples, particularly in the morning and evening. Results revealed that music listening had the greatest effect on reducing stress levels when relaxation was stated as the reason for music listening (p<0.001). Alpha-amyase activity varied as a function of music listening (p<0.025). These findings suggest that music listening has an analgesic effect on reducing stress, particularly when listening to music for relaxation.

Download Citations
Please select your citation format:
- APA General Format
- MLA
- Chicago

OK Cancel
OhioLINK EJC Citations

Here are your selected article citations from the OhioLINK Electronic Journal Center (EJC). Access to these articles on the EJC is limited to authorized users from OhioLINK member libraries.

Citation formatting is automated and may contain errors; proofreading is highly recommended. EJC citations are available in the following formats:

- American Psychological Association (APA) 6th edition
- EJC General Format
- Chicago Manual of Style (Chicago) 16th edition
- Modern Language Association (MLA) 8th edition

Extracted on 2017-01-31 15:40:46, using citation format: APA.

A different type of full-text article.
The effect of music on the human stress response.

Authors: Thoma, Myriam V. Department of Psychology, Brandeis University, Waltham, MA, USA

In Marcia, Roberto. University of Zurich, Zurich, Switzerland

Brümmann, Rebecca. University of Zurich, Zurich, Switzerland

Finket, Linda. University of Zurich, Zurich, Switzerland

Ehret, Ulrike. University of Zurich, Zurich, Switzerland

Address: Nater, Urs M., nater@um-marburg.de


NLM Title: PLoS ONE

Publisher: USA: Public Library of Science

ISSN: 1932-203X (Electronic)

Language: English

Keywords: music listening, human stress, response parameters, stimulus parameters, autonomic nervous system

Abstract: Background: Music listening has been suggested to beneficially impact health via stress-reducing effects. However, the existing literature presents itself with a limited number of investigations and with discrepancies in reported findings that may result from methodological shortcomings (e.g., small sample size, no valid stressor). It was the aim of the current study to address this gap in knowledge and overcome previous shortcomings by thoroughly examining music effects across endocrine, autonomic, cognitive, and emotional domains of the human stress response. Methods: Sixty healthy female volunteers (mean age = 25 years) were exposed to a standardized psychosocial stress test after having been randomly assigned to one of three different conditions prior to the stress test: 1) relaxing music (Ainser, Allegro), 2) sound of ripping paper (SW), and 3) rest without acoustic stimulation (R). Salivary cortisol and salivary alpha-amylase (SAA), heart rate (HR), respiratory sinus arrhythmia (RSA), subjective stress perception and anxiety were repeatedly assessed in all subjects. We hypothesized that listening to RMI prior to the stress test, compared to SW or R would result in a decreased stress response across all measured parameters. Results: The three conditions significantly differed regarding cortisol response (p < 0.002) to the stressor, with highest concentrations in the RM and lowest in the SW condition. After the stressor, SAA (p = 0.026) baseline values were reached considerably faster in the RMI group than in the R group. HR and psychometric measurements did not significantly differ between groups. Conclusion: Our findings indicate that music listening impacted the psychobiological stress system. Listening to music prior to a standardized stressor predominantly affected the autonomic nervous system (in terms of a faster recovery), and to a lesser degree the endocrine and psychological stress response. These findings may help better understanding the beneficial effects of music on the human body. (PsychINFO Database Record (c) 2016 APA, all rights reserved)

Document Type: Journal Article

The Effect of Music on the Human Stress Response

Myriam V. Thoma1,2, Roberto La Marca2, Rebecca Brönnimann2, Linda Finkel2, Ulrike Ehlert2, Urs M. Nater3

1 Department of Psychology, Brandeis University, Waltham, Massachusetts, United States of America, 2 Clinical Psychology & Psychotherapy, University of Zürich, Zürich, Switzerland, 3 Clinical Biopsychology, University of Marburg, Marburg, Germany

Abstract

Background: Music listening has been suggested to beneficially impact health via stress-reducing effects. However, the existing literature presents itself with a limited number of investigations and with discrepancies in reported findings that may result from methodological shortcomings (e.g. small sample size, no valid stressor). It was the aim of the current study to address this gap in knowledge and overcome previous shortcomings by thoroughly examining music effects across endocrine, autonomic, cognitive, and emotional domains of the human stress response.

Methods: Sixty healthy female volunteers (mean age = 25 years) were exposed to a standardized psychosocial stress test after having been randomly assigned to one of three different conditions prior to the stress test: 1) relaxing music (Miserere, Allegri) (RM), 2) sound of rippling water (SW), and 3) rest without acoustic stimulation (R). Salivary cortisol and salivary alpha-amylobase (sAA), heart rate (HR), respiratory sinus arrhythmia (RSA), subjective stress perception and anxiety were repeatedly assessed in all subjects. We hypothesized that listening to RM prior to the stress test, compared to SW or R would result in a decreased stress response across all measured parameters.

Results: The three conditions significantly differed regarding cortisol response (p = 0.025) to the stressor, with highest concentrations in the RM and lowest in the SW condition. After the stressor, sAA (p = 0.026) baseline values were reached considerably faster in the RM group than in the R group. HR and psychological measures did not significantly differ between groups.

Conclusion: Our findings indicate that music listening impacted the psychobiological stress system. Listening to music prior to a standardized stressor predominantly affected the autonomic nervous system (in terms of a faster...


The effect of music on the human stress response.

Stress music listening on a multitude of stress response domains was examined in the context of a rigorously controlled laboratory setting, our findings need to be considered in light of the following limitations.

Selection of music stimulus

Standardized music stimuli, selected by the researchers, might have different effects than those chosen by the
If you need more assistance:
visit the Library’s information desk, call the library at (937) 778-7950 or e-mail us at library@edisonohio.edu