

## ESPC 2005 - Vancouver (Colombie-Britannique)



### Dan Beckerton, Tom Beckerton

#### The Sound Of Stress

**Division:** Sciences de la santé

**Catégorie:** Sénior

**Région:** East Parry Sound

**Ville:** Novar, ON

**École:** Almaguin Highlands Secondary School

**Sommaire:** The average teen listens to music at 94 dB (industry standard is 85 dB). This project studied music's effect on a teenager's stress by measuring their heart rate, blood pressure and ability to concentrate. The teenagers exhibited an elevated heart rate, no change in blood pressure, and improved ability to concentrate.