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*How Does Horror Media Affect the Body?*

This study was conducted in order to explore the connection between horror media and its positive and negative effects, emotionally and physically, on the human body.

To determine this, participants were asked to play 10 minutes of the survival-horror game *Slender: The Eight Pages*. Before doing so, the participant's blood pressures and pulse were measured with the use of a blood pressure cuff and then recorded. Participants were asked to read an information sheet describing the procedure. After playing for 10 minutes, their blood pressures and pulse were measured and recorded. Finally, they were asked to assign a numeric value to the intensity of any emotions they felt after playing.

In terms of the physical connection between the body and a play through of a horror-related game, blood pressure and pulse levels fell to lower levels more often than they rose to higher ones. Changes in emotional affect, however, offered more conclusive results: most participants noted an increase of emotional energy in the form of excitement, jitteriness, and strength. Even seemingly unrelated emotions increased in intensity, with several participants rating themselves highly in terms of feeling inspired, ashamed, or enthusiastic.

In conclusion, the data showed that participants noted an increase in emotional tension and energy. Physical changes were found to move in a direction opposite to what was hypothesized: blood pressures and pulse were found to fall after playing. The outcome may have been influenced by atmosphere, quality of the blood pressure monitor, or the participants' familiarity with their objective.