



Infrasound Likely Linked to Reported Hauntings

Description

A new study looked at how humans respond to infrasound, a type of sound we cannot hear, inspired by zebrafish research by Kale Scatterty that showed the fish avoided infrasound areas. This suggested infrasound might cause stress. Researchers wanted to see if this was true for people, so they tested if cortisol, a stress hormone, increased with infrasound exposure.

The study involved 36 people who sat in a room while listening to either relaxing or unsettling music. Some were also exposed to infrasound, which was played through hidden speakers. Researchers thought infrasound would make relaxing music more soothing and unsettling music scarier.

However, results showed that all participants felt more irritated and stressed when infrasound was on, no matter the music. Their cortisol levels went up, and they could not tell when they heard the infrasound. This means people can react physically to infrasound even if they don't know it's there.

Although this finding is interesting, infrasound alone does not explain why people might feel a place is haunted. Other factors, like our expectations, play a role. While infrasound might contribute to these feelings, it is not the main cause. It might be one part of what makes some buildings feel haunted.

Vocabulary List:

1. **infrasound** //ˈɪnfrəˌsaʊnd// (noun): sound too low for most people to hear
2. **cortisol** //ˈkɔrtəˌsɔl// (noun): a hormone the body makes when stressed
3. **exposure** //ɪkˈspəʊʒər// (noun): being near something that affects you
4. **unsettling** //ʌnˈsetlɪŋ// (adjective): making you feel worried or uncomfortable
5. **irritated** //ˈɪrɪteɪtɪd// (adjective): feeling annoyed, bothered, or slightly angry
6. **expectations** //ˌɛkspekˈteɪʃənz// (noun): ideas about what will happen in the future

Comprehension Questions

Multiple Choice

1. What type of sound does the study focus on?

Option: Ultrasound



- Option: Infrasound
- Option: Audible sound
- Option: White noise

2. How many people participated in the study?

- Option: 12
- Option: 24
- Option: 36
- Option: 48

3. What types of music were participants exposed to during the study?

- Option: Classical and jazz
- Option: Relaxing and unsettling
- Option: Pop and rock
- Option: Country and blues

4. What hormone did researchers measure to determine stress levels?

- Option: Adrenaline
- Option: Serotonin
- Option: Cortisol
- Option: Dopamine

5. What was the expected effect of infrasound on relaxing music?

- Option: Make it more annoying
- Option: Make it more soothing
- Option: Make it neutral
- Option: No effect

6. According to the study, who felt more irritated when exposed to infrasound?

- Option: Only those listening to unsettling music
- Option: Only those listening to relaxing music
- Option: All participants
- Option: No participants

True-False

7. Infrasound can be heard by humans.



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8. The study confirmed that infrasound is the main cause of haunted feelings.
 9. Participants were unaware of when they were exposed to infrasound.
 10. Cortisol levels decreased when infrasound was played.
 11. The researchers used zebrafish to inspire their study on humans.
 12. Expectations have no effect on why people might feel haunted in places.

Gap-Fill

13. The study involved _____ people participating in the experiment.
14. Researchers tested if cortisol, a stress hormone, increased with infrasound _____ .
15. Infrasound is a type of sound that we cannot _____ .
16. Participants felt more irritated and stressed when infrasound was _____ .
17. Infrasound might contribute to feelings of places being _____ .
18. The findings suggest that people react physically to infrasound even if they don't know it's _____ .

Answer

Multiple Choice: 1. Infrasound 2. 36 3. Relaxing and unsettling 4. Cortisol 5. Make it more soothing
6. All participants

True-False: 7. False 8. False 9. True 10. False 11. True 12. False

Gap-Fill: 13. 36 14. exposure 15. hear 16. on 17. haunted 18. there

CATEGORY

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