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## Study Suggests Infrasound Linked to Alleged Hauntings

### Description

A recent study explored how infrasound affects the human body. Infrasound is sound at frequencies too low for people to hear. The research began after a conversation between neuroscientist Kale Scatterty and his colleague, who wanted to test if infrasound causes stress in humans, like it does in zebrafish.

The team conducted an experiment with thirty-six participants. Each person sat alone in a room and listened to either calming music or unsettling ambient music. Half of the participants were exposed to infrasound from hidden speakers. The researchers expected people would feel more relaxed with calming music or more scared by unsettling music when infrasound was present.

However, the results showed something different. Participants felt more irritated and anxious with infrasound, regardless of the music. Their cortisol levels, which indicate stress, increased significantly. Importantly, none of the participants could tell when the infrasound was present.

The researchers noted that while infrasound might contribute to feelings of unease, it is not the only cause of ghostly experiences. Other factors, such as expectations about spooky events, also play a role. Infrasound might be just one part of the reason why some people feel haunted in certain places.

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### Vocabulary List:

1. **infrasound** //ˈɪnfɹəˌsaʊnd// (noun): very low sound frequencies people cannot hear
2. **frequencies** //ˈfriːkwənsiz// (noun): how often a sound wave repeats each second
3. **neuroscientist** //ˌnʊrəʊˈsaɪəntɪst// (noun): a scientist who studies the brain and nerves
4. **experiment** //ɪkˈspɛrɪmənt// (noun): a test done to learn or prove something
5. **cortisol** //ˈkɔːtɪsɔːl// (noun): a hormone the body makes when stressed
6. **anxious** //ˈæŋkʃəs// (adjective): feeling worried or nervous about what will happen

### Comprehension Questions

#### Multiple Choice

1. What is infrasound?

Option: Sound at high frequencies



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- Option: Sound at frequencies too low for people to hear
  - Option: Sound that can be heard by all humans
  - Option: Sound that causes hearing loss

2. How many participants were involved in the infrasound study?

- Option: 24
- Option: 30
- Option: 36
- Option: 42

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

- Option: Calming music and heavy metal
- Option: Calming music and unsettling ambient music
- Option: Classical music and pop music
- Option: Jazz music and ambient sounds

4. What did the researchers expect participants to feel when infrasound was present?

- Option: More irritated
- Option: More relaxed with calming music
- Option: More scared by unsettling music
- Option: Both B and C

5. Which stress indicator was measured in participants?

- Option: Heart rate
- Option: Cortisol levels
- Option: Blood pressure
- Option: Muscle tension

6. Could participants tell when infrasound was present during the study?

- Option: Yes, they could
- Option: No, they could not
- Option: Only some could
- Option: They were not asked

### **True-False**

7. Infrasound can be heard by the human ear.



8. Participants felt more anxious with infrasound present.
9. Only the music type affected the participants' feelings, not infrasound.
10. The researchers were only investigating the effects of infrasound on zebrafish.
11. Participants' cortisol levels increased significantly during the study.
12. Expectations about spooky events play no role in feelings of unease.

### Gap-Fill

13. Infrasound is sound at frequencies too low for people to hear and the study began after a conversation between neuroscientist Kale Scatterty and his colleague who wanted to test if infrasound causes stress in humans, like it does in \_\_\_\_\_.
14. The team conducted an experiment with thirty-six participants, and each person sat alone in a room and listened to either calming music or unsettling \_\_\_\_\_ music.
15. The researchers expected the participants to feel more relaxed with calming music or more scared by unsettling music when \_\_\_\_\_ was present.
16. The results showed that participants felt more \_\_\_\_\_ and anxious with infrasound, regardless of the music.
17. Importantly, none of the participants could \_\_\_\_\_ when the infrasound was present.
18. Infrasound might be just one part of the reason why some people feel \_\_\_\_\_ in certain places.

### Answer

**Multiple Choice:** 1. Sound at frequencies too low for people to hear 2. 36 3. Calming music and unsettling ambient music 4. Both B and C 5. Cortisol levels 6. No, they could not  
**True-False:** 7. False



8. True 9. False 10. False 11. True 12. False

Gap-Fill: 13. zebrafish 14. ambient 15. infrasound 16. irritated 17. tell 18. haunted

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What is primarily associated with providing care to others?

- Option: Business management
- Option: Caregiving
- Option: Engineering
- Option: Education

2. Which term describes a response of the body that can cause redness, swelling, and heat?

- Option: Asymptomatic
- Option: Inflammatory
- Option: Chronic
- Option: Acute

3. Which term refers to the ability to move freely and easily?

- Option: Stability
- Option: Mobility
- Option: Immobility
- Option: Rigidity

4. What molecule is crucial in the photosynthesis process as an electron carrier?

- Option: NADH
- Option: ATP
- Option: NADPH
- Option: FADH<sub>2</sub>

5. What process do plants use to convert light energy into chemical energy?

- Option: Respiration
- Option: Photosynthesis
- Option: Fermentation
- Option: Transpiration

6. Which hormone is often released in response to stress?

- Option: Oxytocin
- Option: Adrenaline
- Option: Cortisol



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Option: Insulin

7. Who studies the structure and function of the nervous system?

- Option: Psychologist
- Option: Neuroscientist
- Option: Biologist
- Option: Chemist

8. What term describes a general direction in which something is developing or changing?

- Option: Trend
- Option: Change
- Option: Static
- Option: Stability

9. Which of the following is a method used to assess understanding by filling in blanks?

- Option: Essay
- Option: Multiple Choice
- Option: Gap Fill
- Option: True/False

10. What term describes something that successfully produces a desired result?

- Option: Ineffective
- Option: Effective
- Option: Counterproductive
- Option: Unproductive

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. To meet the needs of the present without compromising the ability of future generations to

\_\_\_\_\_ their own needs is a definition of sustainability.

12. Certain species have \_\_\_\_\_ to their environments to improve their chances of survival.

13. Cell \_\_\_\_\_ control the movement of substances in and out of the cell.

14. In order to see progress, it's important to maintain \_\_\_\_\_ in your daily habits.

15. The program \_\_\_\_\_ participants to be active and engage in healthier lifestyles.



16. The new policy has \_\_\_\_\_ improved employee satisfaction across the board.
17. As temperatures drop, certain materials \_\_\_\_\_ in size.
18. The scientists conducted an \_\_\_\_\_ to test their hypothesis on cell growth.
19. The \_\_\_\_\_ between a parent and child is vital for healthy development.
20. Developing good \_\_\_\_\_ early on can lead to lasting success.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Communication is considered vital for team success and collaboration.
22. Microorganisms play an essential role in various ecosystems.
23. When facing challenges, a well-thought-out approach can lead to effective solutions.
24. Infrasound refers to sound waves that are below the audible range of human hearing.
25. Thylakoids are membrane-bound structures found in chloroplasts where photosynthesis occurs.
26. Many species of birds were observed nesting in the trees during the spring.
27. A noticeable trend in technology is the increasing use of artificial intelligence.
28. Caregiving requires patience and compassion to effectively support others.
29. Cortisol levels in the body can affect stress response and mood.
30. An effective marketing campaign can significantly boost sales and brand awareness.

**Answer**

**Multiple Choice:** 1. Caregiving 2. Inflammatory 3. Mobility 4. NADPH 5. Photosynthesis 6. Cortisol  
7. Neuroscientist 8. Trend 9. Gap Fill 10. Effective

**Gap-Fill:** 11. sustain 12. adapted 13. membranes 14. consistency 15. encourages 16. significantly 17.  
shrinks 18. experiment 19. bond 20. habits

**Matching sentence:** 1. vital 2. micro 3. approach 4. infrasound 5. thylakoids 6. observed 7. trend 8. caregiving  
9. cortisol 10. effective



**CATEGORY**

1. Health - LEVEL2

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