

Gradual and Sudden Anxiety Essay

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People's anxiety levels will be tested through their heart rates. The resting heart rate of 30 people will be taken, and then the test group will be split in half. The first 15 subjects are going to be told that they are going to watch a scary video. And for the last 15 we will not tell the subjects anything that will happen in the video. A series of health questions that have nothing to do with our project will be asked. The goal of this project is to record any changes in heart rate, due to anxiety, anticipation, and being caught unawares. Anxiety is fear. It is a psychological problem that starts in the brain, when humans see that people are looking at them, and they start to get think that they are being judged. It is immediately assumed that what they are thinking is bad. Scientists have targeted a brain chemical involved in learning about fears that already exist, and curbing them (Cimons). It was found that with a lack of this chemical, means that those without it will 'forget' to be fearful in times of trauma (Cimons). These test were done on mice but it has been proven to have the same effect on humans (Cimons). The goal of the Lab is to see if people will be less, more, or have same level of sudden fear when they are told they are going to see a video that will have an effect on them, and when they are only told that they are going to watch a video. Their resting heart rates will be tested, and then they will be shown a video. Once they have seen the video, their heart rate will be tested again, and record any changes that occurred. Thirty random people have been chosen for this experiment. They were not

chosen for any specific reason, they were near to the place the testing was happening at the middle of paperked suddenly.

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