

This study examined whether podcasts can decelerate life pace by influencing the audience's psychological alienation in accelerated society. By designing a within-subjects factorial design experiments (N=50), multiplied speed and topic density of podcasts were used as independent variables, while mood changes were assessed pre- and post-experiment. The results showed that podcasts could not decelerate life pace because it can't change the audience's perception of time and promote their concentration, but offered certain emotional healing effects.