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Project Proposal

Description

I will be researching various techniques that have been used to trigger a stressful or peaceful state in a person. In particular, the techniques will be either visual or auditory. The visual techniques could range from distorted images to moving visual scenery (videos) in Unity. The audio feedback could range from either unpleasant/pleasant physical properties (such as pitch or timbre) or disturbing (ex: “scary” sounds)/relaxing (ex: nature sounds) content. I will take both the findings from outside research and my findings to come up with suggestions for both training and therapy designed for military personnel.

Technology

I will primarily be using Unity to try and create the end product of two videos that will be used with either visual technique. I may use Garage Band or another software that will be used to splice and put together the audio clips.

Motivation

Although I would ideally like to see the effects from those training to be in the military or those who already are, this experiment will serve to study the behavior and reaction of those confronted with different environments. I would particularly like to observe and compare the physical and mental reaction of those who are put in these either stressful or relaxing simulations.

Deliverables

There will be a final report of my findings along with papers significant to the experiment that I have researched compiled together. There will be a storyboard of what will be the end result of the visual scenarios (both “peaceful” and “stressful” inducing) for two videos. There will also be final audio clips (again, both “peaceful” and “stressful” inducing).

End Result

The final project will consist of two videos, two audio clips, and a report. The videos will contain two different emotion (aiming to target either stress or relaxation) inducing scenarios. These “scenarios” can range from a compilation of images or simulations created in Unity. The audio clips will aim to separately target and induce a “positive” and “negative” reaction in a participant. There will also be a final paper that compiles all of my findings together from creating this experiment along with other papers I have found to potentially back up my suggestions for either training or therapy in the military.