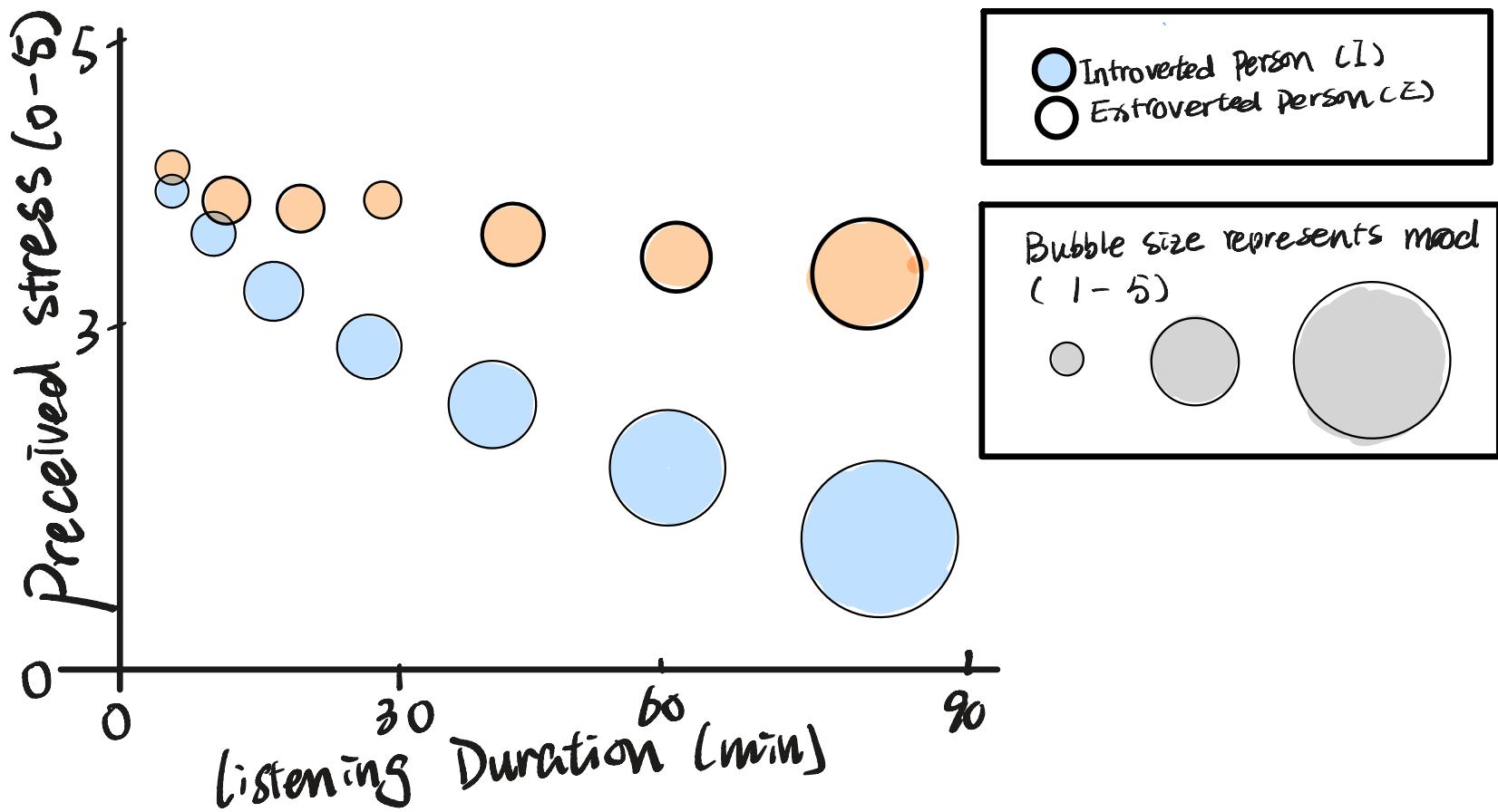


# Does Longer Reduce Music Stress Listening (I vs E)



People with introverted (I) personalities trend to experience a stronger stress reduction effect from longer music listening compared to extroverted (E) personalities.