Appendix B

Participant A:



Pop Music: Skyfall by Adele Youtube: http://youtu.be/DeumyOzKqgI

Participants are exposed to the music for 30 minutes while they are working. Thereafter, they are required to self-assess their work performance and behavioral response by answering these questions.

1. What is your gender?	

- a) Male
- b) Female

2 Цохи	do vou	rocord	your mood	ctoto	while we	1.020	listaning t	o tha	music?
Z. HOW	uo you	record	your mood	state	wille you	ıare	instening t	o me	music:

- a) Happy
- b) Relaxed
- c) Annoying
- d) Others:

3.	. How	18	vour	concentration	level	١'

- a) Increased
- b) Decreased
- c) Neither increased nor decreased
- d) Others:

4. Conside	ering your 'intended' time on task, did you complete the task
a)	In the same time
b)	Less time
c)	Needed more time
d)	Others:
5. How str	ressful do you find your job generally?
a)	Not stressful at all
b)	Mildly stressful
c)	Moderately stressful
d)	Very stressful
e)	Extremely stressful
6. What ty	pe of music do you prefer to listen to in your workplace?
a)	Soothing and relaxing music
b)	Upbeat music
c)	Rock music
d)	Pop music
e)	Others:
7. In your	opinion, the music is good particularly when you are doing
a)	Word processing tasks
b)	Graphical tasks
c)	Numerical tasks
d)	Routine tasks
e)	Taking a break/relaxing
f)	Talking to colleagues
g)	Surfing internet/e-mailing
8. Do you	agree with the following statements:

1– Strongly agree

Please rank in a scale of 1 to 5.

,	2– Ag	ree								
	3– Nei	utral								
4	4– Dis	agree								
:	5– Stro	ongly dis	agree							
a) '	You ex	xperience	e fewer	'blocks'	than usual in the pl	lannin	g/imple	menting	g/analyz	zing/
cod	ding et	tc. proces	ss or oth	er routin	e tasks.	1	2	3	<mark>4</mark>	5
b)	You a	re please	d with t	he tasks y	you just completed	. 1	2	3	4	5
c)]	In tern	ns of pro	blem so	lving, the	e solution was crea	tive.				
	1	2	3	4	5					
d)	In terr	ns of pro	blem so	lving, the	e solution was effe	ctive.				
	1	2	3	4	5					
e) '	The m	usic imp	roves yo	our menta	al clarity.					
	1	2	3	<mark>4</mark>	5					
f) 7	The m	usic help	s to red	uce stress	S.					
	1	2	3	4	5					
g)	You fi	nd the m	usic dis	tracting.						
	1	2	3	4	5					
h)	You c	ommit fe	wer erro	ors.						
	1	2	3	4	5					
9.	When	you liste	n to mu	sic at wo	rk, what functions	do yo	u think	it has fo	or you?	
]	Please	rank on	a scale	of 1 to 5.						
1-	Strong	gly agree								

- 2– Agree
- 3– Neutral
- 4– Disagree
- 5– Strongly disagree

a) Helps you to relax		1	2	3	4
5					
b) Improves your mood	1	2	3	4	5
c) Improves your focus	1	2	3	4	5
d) Makes you less bored	1	2	3	4	5
e) Distracts you	1	2	3	4	5
f) Blocks out surrounding noise	1	2	3	4	5
g) Makes you less tired	1	2	3	4	5
h) Makes you happier		1	2	3	4
5					
i) Helps your creativity flow	1	2	3	4	5
j) Inspires/stimulates you	1	2	3	4	5
k) Provides a different perspective	1	2	3	4	5
l) Helps you pace your work		1	2	3	4
5					
m) Creates a cozy atmosphere	1	2	3	4	5
n) Others:	-				

10. Any additional comments that you would like the workplace:

This is a nice song but it distracts sometimes. Can't concentrate.



Participant B:

Pop Music: Skyfall by Adele Youtube:

http://youtu.be/DeumyOzKqgI

Participants are exposed to the music for 30 minutes while they are working. Thereafter, they are required to self-assess their work performance and behavioral response by answering these questions.

Please complete the following que	estions <i>(For</i>	some of the	questions,	your (answer	can
be more than one):						

Please co	omplete the following questions (For some of the questions, your answer
be more i	than one):
1. What i	s your gender?
a)	Male Male
b)) Female
2. How d	o you record your mood state while you are listening to the music?
a)	Happy Happy
<mark>b)</mark>	Relaxed
c)	Annoying
d)	Others:
3. How is	s your concentration level?
a)	Increased
b)	Decreased
c)	Neither increased nor decreased
d)	Others:
4. Consid	ering your 'intended' time on task, did you complete the task
a)	In the same time
b)	Less time
c)	Needed more time
	Others:

5. How stressful do you find your job generally?
a) Not stressful at all
b) Mildly stressful
c) Moderately stressful
d) Very stressful
e) Extremely stressful
6. What type of music do you prefer to listen to in your workplace?
a) Soothing and relaxing music
b) Upbeat music
c) Rock music
d) Pop music
e) Others:
7. In your opinion, the music is good particularly when you are doing
a) Word processing tasks
b) Graphical tasks
c) Numerical tasks
d) Routine tasks
e) Taking a break/relaxing
f) Talking to colleagues
g) Surfing internet/e-mailing
8. Do you agree with the following statements:
Please rank in a scale of 1 to 5.
1– Strongly agree
2– Agree
3– Neutral
4– Disagree
5– Strongly disagree
a) You experience fewer 'blocks' than usual in the planning/implementing/analyzing/

coding etc. process or other routine tasks.				1	2	<mark>3</mark>	4	5	
b) You are pleased with the tasks you just complete					leted. 1	2	3	4	5
c) In ter	rms of pr	oblem s	solving,	the solution was	creative.				
1	2	3	4	5					
d) In ter	rms of pr	oblem	solving,	the solution was	effective.				
1	2	3	4	5					
e) The 1	music im	proves	your me	ntal clarity.					
1	2	3	4	5					
f) The r	nusic hel	ps to re	duce str	ess.					
I	2	3	4	5					
g) You	find the	music d	istractin	g.					
1	2	3	4	5					
h) You	commit f	fewer e	rrors.						
1	2	3	4	5					
9. When	n you list	en to m	nusic at v	work, what funct	cions do yo	u think	t it has i	for you?	
Pleas	e rank or	n a scal	e of 1 to	<u>5.</u>					
1– Stro	ngly agre	ee							
2– Agre	ee								
3– Neu	tral								
4– Disa	gree								
5– Stro	ngly disa	gree							
a) Help	s you to 1	relax				I	2	3	4

5					
b) Improves your mood	1	2	3	4	5
c) Improves your focus	1	2	3	<mark>4</mark>	5
d) Makes you less bored	1	2	3	4	5
e) Distracts you	1	<mark>2</mark>	3	4	5
f) Blocks out surrounding noise	1	2	3	<mark>4</mark>	5
g) Makes you less tired	1	2	3	4	5
h) Makes you happier		1	2	3	4
5					
i) Helps your creativity flow	1	2	<mark>3</mark>	4	5
j) Inspires/stimulates you	1	2	<mark>3</mark>	4	5
k) Provides a different perspective	1	2	3	4	5
l) Helps you pace your work		1	<mark>2</mark>	3	4
5					
m) Creates a cozy atmosphere	1	2	3	4	5
n) Others:	-				

10. Any additional comments that you would like the workplace:

No Comment.

Participant A



Calm Music: Relax Daily Essence No. 1 Youtube: http://youtu.be/aNJcr-ka2fA

Participants are exposed to the music for 30 minutes while they are working. Thereafter, they are required to self-assess their work performance and behavioral response by answering these questions.

Please complete the following questions (For some of the questions, your answer can

be more than one):

1. What is your gender?	
a) Male	
b) Female	
2. How do you record your mood state while you are listening to the music?	
а) Нарру	
b) Relaxed	
c) Annoying	
d) Others:	_
3. How is your concentration level?	
a) Increased	
b) Decreased	
c) Neither increased nor decreased	
d) Others:	
4. Considering your 'intended' time on task, did you complete the task	
a) In the same time	
b) Less time	
c) Needed more time	
d) Others:	_
1. How stressful do you find your job generally?	
a) Not stressful at all	
b) Mildly stressful	
c) Moderately stressful	
d) Very stressful	
e) Extremely stressful	

2. What type of music do you prefer to listen to in your workplace?

a) Soothing and relaxing music	
b) Upbeat music	
c) Rock music	
d) Pop music	
e) Others:	
7. In your opinion, the music is good particularly when you are doing	
a) Word processing tasks	
b) Graphical tasks	
c) Numerical tasks	
d) Routine tasks	
e) Taking a break/relaxing	
f) Talking to colleagues	
g) Surfing internet/e-mailing	
8. Do you agree with the following statements:	
Please rank in a scale of 1 to 5.	
1- Strongly agree	
2– Agree	
3– Neutral	
4– Disagree	
5– Strongly disagree	
a) You experience fewer 'blocks' than usual in the planning/implementing/analyzing	g/
coding etc. process or other routine tasks. 1 2 3 4 5	
b) You are pleased with the tasks you just completed. 1 2 3 4 5	
c) In terms of problem solving, the solution was creative.	
1 2 <mark>3</mark> 4 5	
d) In terms of problem solving, the solution was effective.	

1	2	3	4	5						
e) The	music im	nproves	your me	ental clarity.						
1	2			5						
f) The	music he	lps to re	educe str	ess.						
1	2	3	4	5						
g) You	find the	music d	listractin	ıg.						
1	2	3	<mark>4</mark>	5						
h) You	commit	fewer e	rrors.							
1	2	3	4	5						
9. Whe	n you lis	ten to m	nusic at v	work, what	functions	do y	ou thin	k it has	for you	?
	se rank o					·			•	
1– Stro	ngly agr	ee								
2– Agr	ee									
3– Neu	tral									
4– Disa	agree									
5– Stro	ngly disa	agree								
a) Help	s you to	relax					1	2	3	4
5										
b) Impi	roves you	ur mood				1	2	3	4	5
c) Impi	oves you	ır focus				1	2	3	4	5
d) Mak	es you le	ess bore	d			1	2	3	4	5
e) Dist	racts you					1	2	3	<mark>4</mark>	5
f) Bloc	ks out su	rroundi	ng noise			1	2	3	4	5
g) Mak	es you le	ess tired				1	2	3	4	5
h) Mak	es you h	appier					1	2	3	4

5					
i) Helps your creativity flow	1	2	3	4	5
j) Inspires/stimulates you	1	2	3	4	5
k) Provides a different perspective	1	2	3	4	5
l) Helps you pace your work		1	2	3	4
5					
m) Creates a cozy atmosphere	1	2	3	4	5
n) Others:	-				

10. Any additional comments that you would like the workplace:

Nice music, peace; feel sleepy and sometimes lose focus.

Participant B:



Calm Music: Relax Daily Essence No. 1 Youtube: http://youtu.be/aNJcr-ka2fA

Participants are exposed to the music for 30 minutes while they are working. Thereafter, they are required to self-assess their work performance and behavioral response by answering these questions.

- 1. What is your gender?
 - a) Male
 - b) Female
- 2. How do you record your mood state while you are listening to the music?
 - a) Happy

1	<u>n 1 1 1 </u>
	Relaxed
ŕ	Annoying
d)	Others:
	your concentration level?
a)	Increased
b)	Decreased
c)	Neither increased nor decreased
d)	Others:
7. Conside	ering your 'intended' time on task, did you complete the task
a)	In the same time
b)	Less time
c)	Needed more time
d)	Others:
B. How st	ressful do you find your job generally?
a)	Not stressful at all
b)	Mildly stressful
c)	Moderately stressful
d)	Very stressful
e)	Extremely stressful
·	
9. What ty	rpe of music do you prefer to listen to in your workplace?
a)	Soothing and relaxing music
b)	Upbeat music
	Rock music
,	Pop music
	Others:
	opinion the music is good particularly when you are doing

a) Word processing tasks

1	o) Graph	ical tas	ks								
	c) Numer	rical ta	sks								
	d) Routin	ie tasks	S								
	e) Taking	g a brea	ık/relax	ing							
	f) Talking	g to co	lleague	S							
	g) Surfin	g inter	net/e-m	ailing							
8. Do yo	ou agree v	with the	e follow	ing stateme	nts:						
Pleas	e rank in	a scale	of 1 to	<u>5.</u>							
1– St	rongly ag	ree									
2- Aş	gree										
3– Ne	eutral										
4– Disagree											
5– St	5– Strongly disagree										
a) You	experienc	e fewe	r 'block	s' than usua	l in the pl	lanniı	ng/imp	lementi	ng/anal	yzing/	
coding	etc. proce	ss or o	ther rou	tine tasks.		1	2	3	4	5	
b) You	are please	ed with	the tasl	ks you just c	ompleted	. 1	2	3	4	5	
c) In ter	ms of pro	blem s	olving,	the solution	was crea	tive.					
1	2	3	4	5							
d) In ter	rms of pro	blem s	olving,	the solution	was effe	ctive.					
1	2	3	4	5							
e) The r	nusic imp	roves	your me	ental clarity.							
1	2	3	4	5							
f) The n	nusic help	s to re	duce str	ess.							
1	2	3	4	5							

g) You	find the	music c	listracti	ng.						
1	2	3	4	5						
h) You	commit	fewer e	rrors.							
1	2	<mark>3</mark>	4	5						
0 Who	n vou lie	tan to m	nucic at	work, what	functions	dox	ou thin	k it has	for you	9
	se rank o				runctions	uo y	ou uiiii	K It IIas	101 you	. •
	ngly agre		<u>c </u>) 5.						
2– Agre										
3– Neu										
4– Disa										
	ngly disa	ngree								
	8-7 0-20	-6100								
a) Help	s you to	relax					1	2	3	4
5										
b) Impi	oves you	ır mood	[1	2	3	4	5
c) Impr	oves you	ır focus				1	2	3	4	5
d) Mak	es you le	ss bore	d			1	2	3	4	5
e) Distr	acts you					1	2	3	4	5
f) Bloc	ks out su	rroundi	ng noise	e		1	2	3	4	5
g) Mak	es you le	ss tired				1	2	3	4	5
h) Mak	es you ha	appier					1	2	3	4
5										
i) Help	s your cr	eativity	flow			1	2	3	4	5
j) Inspi	res/stimu	ılates yo	ou			1	2	3	4	5
k) Prov	ides a di	fferent 1	perspec	tive		1	2	3	4	5
l) Help	s you pac	ce your	work				1	2	3	4
5										
m) Cre	ates a co	zy atmo	sphere			1	2	3	4	5

n) Others:

10. Any additional comments that you would like the workplace:

No Comment.

Participant A:



Mozart Music: Piano concerto n. No. 21 in C major, K.467 Pollini-Muti'

Youtube: http://youtu.be/i2uYb6bMKyI

Participants are exposed to the music for 30 minutes while they are working. Thereafter, they are required to self-assess their work performance and behavioral response by answering these questions.

- 1. What is your gender?
 - a) Male
 - b) Female
- 2. How do you record your mood state while you are listening to the music?
 - a) Happy
 - b) Relaxed
 - c) Annoying
 - d) Others: Inspired
- 3. How is your concentration level?

a)	Increased
b)	Decreased
c)	Neither increased nor decreased
d)	Others:
4. Consid	ering your 'intended' time on task, did you complete the task
a)	In the same time
b)	Less time
c)	Needed more time
d)	Others:
1. How str	ressful do you find your job generally?
a)	Not stressful at all
b)	Mildly stressful
c)	Moderately stressful
d)	Very stressful
e)	Extremely stressful
2. What ty	pe of music do you prefer to listen to in your workplace?
a)	Soothing and relaxing music
b)	Upbeat music
c)	Rock music
d)	Pop music
e)	Others:
7. In your	opinion, the music is good particularly when you are doing
a)	Word processing tasks
b)	Graphical tasks
c)	Numerical tasks
d)	Routine tasks
e)	Taking a break/relaxing
f)	Talking to colleagues

g) Surfing internet/e-mailing

8.	8. Do you agree with the following statements:										
	Please rank in a scale of 1 to 5.										
	1– Strongly agree										
	2– Agree										
	3– Neutral										
4– Disagree											
5– Strongly disagree											
a) You experience fewer 'blocks' than usual in the planning/implementing/analyzing/											
co	ding et	c. proces	s or oth	er routin	e tasks.	1	2	3	4	5	
b)	You as	e pleased	d with the	he tasks y	ou just completed	l. <mark>1</mark>	2	3	4	5	
c)	c) In terms of problem solving, the solution was creative.										
	1	2	3	4	5						
d)					e solution was effe	ctive.					
	1	2	3	4	5						
e)				our menta							
	1	2	3	4	5						
f) '		_		uce stress							
	1	2	3	4	5						
g)		nd the m		_	_						
	1	2	3	4	5						
• `											
h)	You co	ommit fe	wer erro	ors.							

9. When you listen to music at work, what	functions do y	ou thin	k it has	for you	?
Please rank on a scale of 1 to 5.					
1– Strongly agree					
2– Agree					
3– Neutral					
4– Disagree					
5– Strongly disagree					
a) Helps you to relax		1	2	3	4
5					
b) Improves your mood	1	2	3	4	5
c) Improves your focus	1	2	3	4	5
d) Makes you less bored	1	2	3	4	5
e) Distracts you	1	2	3	4	<u>5</u>
f) Blocks out surrounding noise	1	2	3	4	5
g) Makes you less tired	1	2	3	4	5
h) Makes you happier		1	2	3	4
5					
i) Helps your creativity flow	1	2	3	4	5
j) Inspires/stimulates you	1	2	3	4	5
k) Provides a different perspective	1	2	3	4	5
l) Helps you pace your work		1	2	3	4
5					
m) Creates a cozy atmosphere	1	2	3	4	5
n) Others:	-				
10. Any additional comments that you wou	ld like the wo	rkplace	:		
Motivated and stimulated.					

1 2 3 4

5

Participant B



Mozart Music: Piano concerto n. No. 21 in C major, K.467 Pollini-Muti'

Youtube: http://youtu.be/i2uYb6bMKyI

Participants are exposed to the music for 30 minutes while they are working. Thereafter, they are required to self-assess their work performance and behavioral response by answering these questions.

- 1. What is your gender?
 - a) Male
 - b) Female
- 2. How do you record your mood state while you are listening to the music?
 - a) Happy
 - b) Relaxed
 - c) Annoying
 - d) Others: Inspired

3. How is	your concentration level?
a)	Increased
b)	Decreased
c)	Neither increased nor decreased
d)	Others:
4. Conside	ering your 'intended' time on task, did you complete the task
a)	In the same time
b)	Less time
c)	Needed more time
d)	Others:
5. How str	ressful do you find your job generally?
a)	Not stressful at all
b)	Mildly stressful
c)	Moderately stressful
d)	Very stressful
e)	Extremely stressful
6. What ty	rpe of music do you prefer to listen to in your workplace?
a)	Soothing and relaxing music
b)	Upbeat music
c)	Rock music
d)	Pop music
e)	Others:
7. In your	opinion, the music is good particularly when you are doing
a)	Word processing tasks
b)	Graphical tasks
c)	Numerical tasks
d)	Routine tasks
e)	Taking a break/relaxing

	f) Talkin								
•	g) Surfin	ig mær	net/e-m	aning					
8. Do yo	ou agree	with th	e follow	ing statemen	ts:				
Pleas	e rank in	a scale	of 1 to	<u>5.</u>					
1– St	rongly ag	gree							
2- Aş	gree								
3– No	eutral								
4– Di	sagree								
5– St	rongly di	sagree							
a) You	experienc	e fewe	r 'block	s' than usual	in the plani	ning/imp	lementi	ng/anal	yzing/
coding	etc. proce	ess or o	ther rou	tine tasks.	1	<mark>2</mark>	3	4	5
						_			
b) You	are please	ed with	the tasl	ks you just co	mpleted. 1	2	3	4	5
	_		_	the solution v	was creative	e .			
1	2	3	4	5					
J) T., 4.,		-1-1	1	41143					
	_		_	the solution v	was effectiv	e.			
1	2	3	4	5					
a) Tha r	mucic ime	2001100	voue m	untal alamitu					
1	nusic mi _l	3		ental clarity. 5					
•	2	3	4	3					
f) The n	nusic help	ns to re	duce str	*22C					
1) The h	2	3		5					
1	4	3	7	3					
g) You	find the r	nusic d	istractir	1g.					
1	2	3	4	5					
1	-	2	•	*					

1 <mark>2</mark>	3	4	5						
9. When you	listen to n	nusic at	work, wha	at functi	ons do y	ou thin	k it has	for you	?
Please rank	on a scal	e of 1 to	5.						
1– Strongly a	gree								
2– Agree									
3– Neutral									
4– Disagree									
5– Strongly d	isagree								
a) Helps you	to relax					1	2	3	4
5									
b) Improves y	our mood	ļ			1	2	3	4	5
c) Improves y	our focus				1	2	3	4	5
d) Makes you	less bore	d			1	2	3	4	5
e) Distracts ye	ou				1	2	3	4	<u>5</u>
f) Blocks out	surroundi	ng noise	;		1	2	3	4	5
g) Makes you	less tired				1	2	3	4	5
h) Makes you	happier					1	2	3	4
5									
i) Helps your	creativity	flow			1	2	3	4	5
j) Inspires/stin	mulates yo	ou			1	2	3	4	5
k) Provides a	different]	perspect	ive		1	2	3	4	5
l) Helps you p	pace your	work				1	2	3	4
5									
m) Creates a	cozy atmo	sphere			1	2	3	4	5
n) Others:					-				

h) You commit fewer errors.

10. Any additional comments that you would like the workplace: *Used to Mozart music*.

Task performances with different music genres 2-	T	Ta	sk	per	forn	nances	s with	diffe	rent	music	genr	es	24
--------------------------------------------------	---	----	----	-----	------	--------	--------	-------	------	-------	------	----	----