

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.

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?

- a) Happy
- 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: _____

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 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 3 4 5

d) In terms of problem solving, the solution was effective.

1 2 3 4 5

e) The music improves your mental clarity.

1 2 3 4 5

f) The music helps to reduce stress.

1 2 3 4 5

g) You find the music distracting.

1 2 3 4 5

h) You commit fewer errors.

1 2 3 4 5

9. When you listen to music at work, what functions do you think it has for you?

Please rank on a scale of 1 to 5.

1– Strongly agree

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- 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 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?

- a) Happy
- 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: _____

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/

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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 **3** 4 5

d) In terms of problem solving, the solution was effective.

1 2 **3** 4 5

e) The music improves your mental clarity.

1 2 **3** 4 5

f) The music helps to reduce stress.

1 2 3 4 5

g) You find the music distracting.

1 2 **3** 4 5

h) You commit fewer errors.

1 2 **3** 4 5

9. When you listen to music at work, what functions do you think 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	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:

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?

a) Happy

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/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 3 4 5

d) In terms of problem solving, the solution was effective.

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1 2 **3** 4 5

e) The music improves your mental clarity.

1 **2** 3 4 5

f) The music helps to reduce stress.

1 2 3 4 5

g) You find the music distracting.

1 2 3 **4** 5

h) You commit fewer errors.

1 2 **3** 4 5

9. When you listen to music at work, what functions do you think 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	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:

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.

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?

- a) Happy

- b) Relaxed
 - c) Annoying
 - d) Others: _____
3. How is your concentration level?
- a) Increased
 - b) Decreased
 - c) Neither increased nor decreased
 - d) Others: _____
7. 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: _____
8. 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
9. 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 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 3 4 5

d) In terms of problem solving, the solution was effective.

1 2 3 4 5

e) The music improves your mental clarity.

1 2 3 4 5

f) The music helps to reduce stress.

1 2 3 4 5

g) You find the music distracting.

1 2 **3** 4 5

h) You commit fewer errors.

1 2 **3** 4 5

9. When you listen to music at work, what functions do you think 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	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:

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.

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?

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. 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/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 3 4 5

d) In terms of problem solving, the solution was effective.

1 2 3 4 5

e) The music improves your mental clarity.

1 2 3 4 5

f) The music helps to reduce stress.

1 2 3 4 5

g) You find the music distracting.

1 2 3 4 5

h) You commit fewer errors.

1 2 3 4 5

9. When you listen to music at work, what functions do you think 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	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:

Motivated and stimulated.

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.

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?

- 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. 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: _____

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 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 3 4 5

d) In terms of problem solving, the solution was effective.

1 2 3 4 5

e) The music improves your mental clarity.

1 1 2 3 4 5

f) The music helps to reduce stress.

1 2 3 4 5

g) You find the music distracting.

1 2 3 4 5

h) You commit fewer errors.

1 2 3 4 5

9. When you listen to music at work, what functions do you think 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	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:

Used to Mozart music.

