

Abstract

A Mixed-Methods Exploration of Binaural Beat Infused Meditation Soundtracks
and Their Impact on Positive and Negative Affect, Purpose, and Depressed Mood

By

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Could shifts in positive and negative affects, depressed mood, and purpose in life be detected among individuals who listen to binaural-beats-infused meditations compared to those who listen to the same meditations minus the binaural beats? This pilot study explores these different but related phenomena autonomously and without explicitly targeting individuals who associate with the given characteristics. Instead, the aim was to attract individuals interested in exploring the often-boasted positive results that meditation brings to those who practice. Therefore, participants were not screened for depression, purpose, or positive or negative affect. Still, Beck's Depression Inventory and the Purpose in Life assessments were administered before and after completing the 35-day meditation protocol. In addition, the Positive and Negative Affects Schedule was administered weekly to track subjective feelings and emotions. Participants were randomized to 1 of 2 groups where they gained access to the meditation soundtracks. Group 2 received binaural beats intervention treatment, whereas Group 1 received the same meditation without binaural beats. Cohorts agreed to participate for at least four sessions weekly over five weeks. A methods triangulation was implemented to test validity through data convergence which revealed a deeper understanding of the problem while developing a comprehensive understanding of the evolving phenomenon and the road that lies ahead.

Keywords: Binaural Beats, Entrainment, Depressed Mood.