

# THE EFFECTS OF SOOTHING IMAGES AND SOUNDS ON INDIVIDUAL'S MOOD AND WELLBEING

*Would you like to participate in an online research study  
and be in for a chance to win a £25 Amazon voucher?*

*We are recruiting anyone over the age of 18 to participate  
in this 30~ minute online study.*

*If you would like to participate or find out more,  
please follow this link to the survey:*

*[https://henley.eu.qualtrics.com/jfe/form/SV\\_cBa6tNtkN3f  
gkCO](https://henley.eu.qualtrics.com/jfe/form/SV_cBa6tNtkN3fgkCO)*

*Or scan the QR code:*



*If you have any questions, please email Emily Witten  
([pw801916@student.reading.ac.uk](mailto:pw801916@student.reading.ac.uk))*