

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

Summary of article.

My chosen article is: How does music make you feel? By Zoe Nendick.

The author of this article explores how music can directly contribute to emotions. Music is involved in everyone's day to day lives. This may happen intentionally or not, music is everywhere. In shops, restaurants, the car. Majority can put on some upbeat music and instantly feel better, or they could play a sad song with heartfelt lyrics to induce a feeling of sadness. (Nendick, 2022).

The author studied A-level music and started to question why music makes us feel certain emotions. They first began questioning how different styles of music and notes contribute to emotion. They then thought about the impact of individual differences and how they can determine our emotions when a certain song is played (Nendick, 2022). Majority of people will have experiences that are linked to a specific song. Whether that is because the song was played during that time or because the lyrics are relatable to the individual. These factors contribute to how a song makes an individual feel (Belfi et al., 2016, cited in Nendick, 2022).

They then went on to explore how the individual's current emotion may impact their response to a song. For example, if someone is already upset, listening to a sad song may amplify their sadness (Nendick, 2022). The author then went on to discover that pleasure from listening to music is associated with the reward areas of the brain. "The areas of the brain that showed activity when listening to happy music are the ventral striatum, amygdala, and medial prefrontal cortex" (Blood & Zatorre, 2001, cited in Nendick 2022).

Music has been researched for years, becoming more popular in the last 70 years (Nendick, 2022). One of the most important research works is Leonard Meyer's book called "Emotion and meaning in music (1956)". Meyer proposed that the reason we feel certain emotions to music is down to the harmonies and chords played in the song. Another theory mentioned in the article believes that emotions linked to music are believed to be an interaction between the individual, their circumstances and the music they are listening to. (Juslin, 2011, cited in Nendick, 2022).

The author finishes off the article by giving examples on how music is applied throughout practice. Some of these examples include using music to encourage memory recall in those with Alzheimer's disease (Fraile et al., 2019, cited in Nendick, 2022). As well as using music as pain relief for those recovering from surgery (Finn & Fancourt, 2018, cited in Nendick 2022).

Overall, music can influence emotions due to many different contributing factors. Music can be highly beneficial in practice and can be a great way to regulate emotions.

Reference list:

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Referencing task

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Discuss how our understanding of melancholia and approaches to treatment have changed over time.

Introduction

- Basic intro- what you are taking about, lay out the structure of essay so reader knows what to expect.
- Brief statement on how psychology is forever changing, this is to grab readers attention.
- Basic description of melancholia and when it came about- talk about Hippocrates and briefly touch of the idea of 4 humours and black bile.

Research for intro:

“Melancholia (i.e., “the black bile disease”) is defined as a persistent mental state of fear and sadness” (Hoppe, 2019)

Hippocrates (460–379 BC) believed that melancholia, dysentery and skin rashes, was due to excess black bile in the body (Madane, et al., 2025)

Main body

Paragraph one

- The main historical background of melancholia- Hippocrates, 4 humours.
- Talk about all 4 humours with and what they mean briefly, Go into black bile and melancholia in more detail. Explain how this theory helped psychologists get to where we are today.
- How was it treated?
- Talk about how each of the 4 humours were treated briefly but go into more detail for how melancholia was treated, make sure to explain what each of the treatment entails.

Research for paragraph one

Hippocrates who was around during 460-379BC proposed a theory that gives basic understanding of illness- 4 humours. This theory applies to mental health (Clausen, et al, 2020).

For treatment Hippocrates recommended exercise, good diet, baths and bloodletting (Schimelpfening, 2025).

Paragraph two

- How did melancholia change throughout the years and what was the treatment like in-between 21st century and Hippocrates time.
- Understanding of melancholia/depression in 20th and 21st century. How is it viewed by society and professionals, is there any stigma left over from years of being considered “mad”.
- How it is treated now.
- What treatments are/ were available in 2000s and 1900s.
- Has treatment improved ethically, are the treatments working?

Research for paragraph two

Some historical text suggests that there was no smooth transition from melancholia to depression, “the former was not simply replaced by the latter” (Jansson, 2022).

Experimental physiology and physiological psychology contributed massively to the creation of depression from the concept of melancholia (Jansson, 2022).

Timeline on what melancholia has meant throughout the years (Telles-Correia, & Marques, 2015).

Conclusion

- Briefly summarise the main differences between treatment now and treatment then.
- Describes what melancholia has developed into in 21st century.
- Wrap up essay.

Reference list

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Research using the University Library System.

Summary of searches.

Phrases put into search bar:

Hippocrates melancholia

Hippocrates psychology

Melancholia treatment

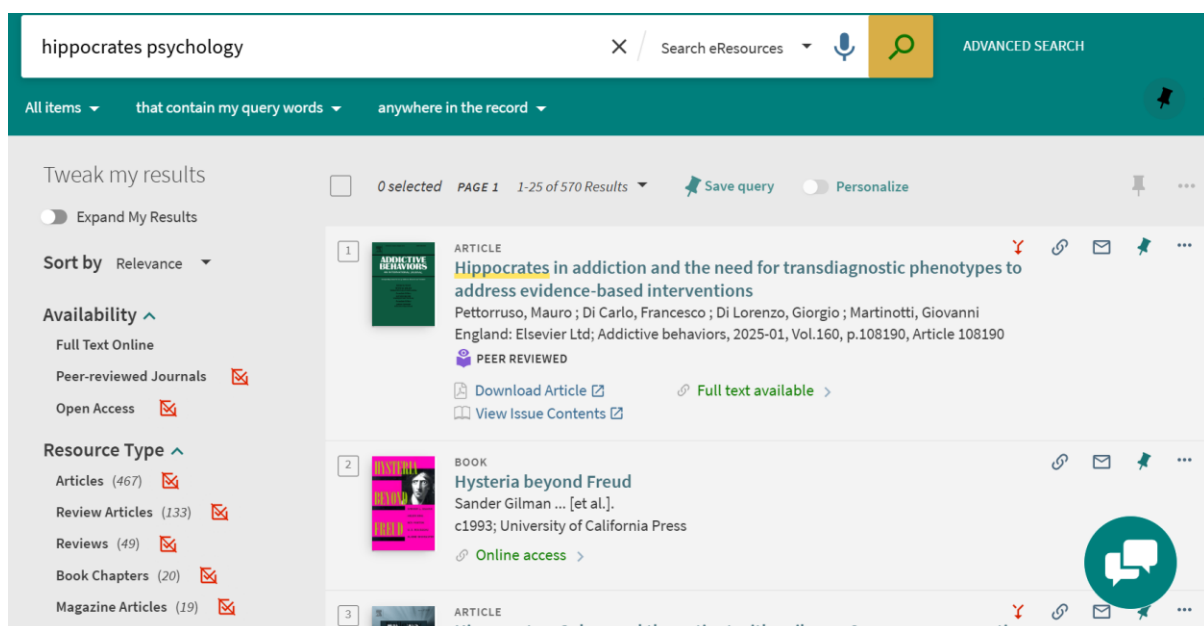
Melancholia 20th century

Melancholia blood letting

How and why, I chose certain articles.

Once I am on the page with all the results from my search, I go through the filters to see if there is anything I can remove to help me find the best results for me. Once that is done, I will scroll through multiple pages of the results and looking at articles that sound relevant. I save any article that has important information on it, I don't always use the ones I save. This is because sometimes I read go back and read the article in more detail and maybe the author is biased or is trying to get across their opinion or I feel the information isn't that relevant.

When choosing articles or information sources it is important to look at the date if you are looking for modern information or opinions. However, this task is mostly about an ancient era therefore older sources are okay because the information from Hippocrates shouldn't have changed. It is also important to consider the purpose of the text if you are searching on google, this is different on library searches as all sources that come up are for educational purposes. However, on google you may have companies trying to sell you something by spreading false information.



hippocrates melancholia



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Books (5) ☒

Review Articles (3) ☒

Book Chapters (3) ☒



0 selected

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1-25 of 36 Results



Save query



Personalize



1



ARTICLE

Melancholia before the twentieth century: fear and sorrow or partial insanity?

Telles-Correia, Diogo ; Marques, João Gama

Switzerland: Frontiers Media S.A; Frontiers in psychology, 2015-02, Vol.6, p.81

“... At the time of Hippocrates melancholia was regarded mainly in its affective component. Since that time, and until the eighteenth century, authors and opinions have been divided, with both aspects...”

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2



BOOK

The melancholic gaze

Piotr Sniedziwski.

2018; Peter Lang International Academic Publishing Group

[Online access](#)

