

## Primary Sources

1.) Horror movies, TV shows can have long-lasting effects. (1999). In *Media Report to Women* (Vol. 27, Issue 2, p. 8–). Communication Research Associates, Inc.  
<https://www-proquest-com.ezproxy.oswego.edu/docview/210159445?pq-origsite=primo>

This article aims to argue that viewing scary/horror movies can invoke lasting emotions and reactions. The main focus of the argument is that if viewed in childhood, these horror films can lead to problems in adulthood, like fears of the dark, and avoidance of situations that remind said person of the films viewed.

2.) Bartsch, A., Appel, M., & Storch, D. (2010). Predicting Emotions and Meta-Emotions at the Movies: The Role of the Need for Affect in Audiences' Experience of Horror and Drama. *Communication Research*, 37(2), 167–190.  
<https://doi.org/10.1177/0093650209356441>

This article discusses the NFA or need for affect, or the notion that people will source materials that give them reactions, like horror movies for the reaction to occur.

3.) Walters, G. (2004). Understanding the Popular Appeal of Horror Cinema: An Integrated-Interactive Model. *Journal of Media Psychology*.

An article discussing motives for watching horror films as well as some of the reactions that horror films can cause.

4.) Fukumoto, M., Tsukino, Y. (2015). Relationship of Terror Feelings and Physiological Response During Watching Horror Movie. In IFIP International Conference on Computer Information Systems and Industrial Management. Springer, 500-507.

This study tests participants to investigate subjective and physiological feelings of terror when being placed in a dark room and forced to watch a Japanese horror film.

5.) Sultana, I., et al. (2021). Effects of Horror Movies on Psychological Health of Youth. *Global Mass Communication Review*, VI(I), 1-11.

An article which focuses on youth and the relationship that watching horror movies can invoke in them, specifically with psychological effects that follow them as they mature.

6.) Nummenmaa, L. (2021, March 4). Psychology and neurobiology of horror movies.  
<https://doi.org/10.31234/osf.io/b8tgs>

This article dives into the psychological and biological effects of consuming horror films, specifically the fear and anxiety that overtake us when we sit down to watch a scary movie.

## Secondary Sources

1.) Antunes, F. (2017). Rethinking PG-13: Ratings and the Boundaries of Childhood and Horror. *Journal of Film and Video*, 69(1), 27–43.  
<https://doi.org/10.5406/jfilmvideo.69.1.0027>

This article discusses how the MPAA rating system for film has changed in recent years, with the introduction of the PG-13 rating, why it was created, and the effects of not having such ratings in the 20<sup>th</sup> century.

2.) Martin G. N. (2019). (Why) Do You Like Scary Movies? A Review of the Empirical Research on Psychological Responses to Horror Films. *Frontiers in psychology*, 10, 2298. <https://doi.org/10.3389/fpsyg.2019.02298>

This article is a broad work which discusses topics such as the history of horror, why people watch horror films, responses to fear in horror films, the relationship between horror and mental health, exposure to horror in childhood and its effects, etc.

3.) King, S. (1981, January). Why we crave horror movies. *Playboy*, pp. 152-154, 237-246.

Acclaimed horror author Steven King discusses the reasoning behind why so many people enjoy being scared, and what drives them to watch the movies that give them feelings of fear.

4.) van Diemen, J. J. et al. (2019). The viewing of a “Bloodcurdling” horror movie increases platelet reactivity: A randomized cross-over study in healthy volunteers. *Thrombosis Research*, 182, 27–32. <https://doi.org/10.1016/j.thromres.2019.07.028>

A study looking at if platelet reactivity is influenced by watching “bloodcurdling” scenes from a horror film.

5.) Clasen, et, al. (2018). Horror, Personality, and Threat Simulation: A Survey on the Psychology of Scary Media. *Evolutionary Behavioral Sciences*. 14. 10.1037/ebs0000152.

This is a survey study of the general public in which love of horror and feelings experience when viewing horror media are measured.

6.) Hoffner, A. C. & Levine, J. K. (2004). Enjoyment of Mediated Fright and Violence: A Meta-Analysis. *MEDIA PSYCHOLOGY*, 7, 207–237.

Article that summarizes a culmination of research on horror films, reasons for watching horror films, and the demographics that enjoy horror films the most.