CALIFORNIA STATE SCIENCE FAIR
2008 PROJECT SUMMARY

Name(s)
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Project Number
J1131

Project Title
Can Color Affect Your Blood Pressure?

Abstract

Objectives/Goals
My experiment was to find out if certain colors could bring about a change in human blood pressure.

Methods/Materials
I assembled a group of subjects, all different ages, and tested them individually using a blood pressure cuff and monitor. They were seated in a quiet room and then asked to stare at a colored board for 2 minutes, starting with a white board, considered a neutral starting point, a blue board, a green board, a red board and then ending with a yellow board. Their blood pressure was then taken and recorded after each color. A two-minute break was given between each color board to allow for a rest period. The results were compiled and then charted on graphs for each color used in the experiment.

Results
The blue and green boards show the average blood pressure dropping. The red and yellow boards show the average blood pressure rising. This showed me that the average blood pressure began to rise with the introduction of the red and yellow boards even after the subjects had been seated and resting for a longer time.

Conclusions/Discussion
My hypothesis was correct, that color can affect a person's blood pressure.

This experiment was very exciting for me to show that color does have the ability to affect our blood pressure and health. Perhaps we should consider what colors we surround ourselves with, at home and at work, so we can live healthier and longer lives.

Summary Statement
If certain colors can have the ability to raise or decrease blood pressure in humans.

Help Received
Mother supervised the layout of the board. Teachers guidence with the correct writing of reports and graphs.