

SCRIPT “Noise and the Blues: Exploring the Link Between Noise Pollution and Depression”

Scene 1: The scene opens to a vibrant animated world, filled with bustling cities, traffic noise and people going about their daily lives. As the camera pans across the scenery, a soothing voiceover begins.

VOICEOVER Sound is always around us, whether natural, such as birdsong, or from human activity, such as vehicle traffic. However, noise build-up can have a significant impact on the well-being of humans and animals.

Scene 2: The visuals transition to show various sources of noise pollution, including honking cars, noisy underground railroad, construction sites, and airplanes flying overhead.

VOICEOVER Noise pollution is the spread of unwanted sounds into the environment that affects millions of people worldwide and can have a range of mental health effects.

Scene 3: The scene shifts to focus on a bustling city street, where people seem hurried and overwhelmed.

VOICEOVER Compared to other types of pollution, people often overlook noise pollution as a health hazard.

Scene 4: A young woman with a tired expression, appears in the foreground. The scene transitions to an animated representation of young 'woman's brain, with sound waves triggering anxiety and stress responses.

VOICEOVER The brain is always monitoring our surroundings for signs of danger, even during sleep. As a result, frequent or loud noise can trigger anxiety or stress. With continued exposure to noise pollution, a 'person's stress response increases.

Scene 5: The character is shown experiencing irritability, frustration, and a sense of helplessness due to the constant noise surrounding her.

VOICEOVER People living with noise pollution may feel irritable, on edge, or frustrated. Sometimes the trigger is not always recognised as the noise, so the impact on mental health intensifies.

Scene 6: 'It's now late evening, and the scene shifts to an animated bedroom, where the woman struggles to sleep due to external noises that increase her stress.

VOICEOVER Environmental noise is also a common cause of sleep disturbance. In a noisy environment, a person may experience difficulty falling asleep, inability to stay asleep, or waking up too early. Sounds can also reduce the depth and quality of sleep, impacting a 'person's mood and ability to concentrate.

Scene 7: The character is shown waking up groggy and fatigued, struggling to focus on her daily tasks.

VOICEOVER Many people 'don't realise the risk of noise to their health. Apart from mental health issues, excessive noise exposure can cause hearing loss, tinnitus, cardiovascular disease, metabolic disorders, as well as cognitive impairment in children.

Scene 8: The character walks down a busy street, without realising that she's being exposed to high noise all the time from covering her ears with her hands, trying to protect herself from the noise. Car horns, construction sounds, and sirens. She is shown experiencing heightened anxiety but unsure why, and her surroundings becoming distorted due to overwhelming noise.

VOICEOVER All forms of noise can unleash stress in the body, raising blood pressure and heart rate. Adrenaline increases, causing a person to respond by wanting to escape the situation, becoming hyperalert, or freezing. These reactions are also well-known as the fight, flight, or freeze responses.

Scene 9: The scene transitions to a quieter environment, for example, in a quiet park, where the character is able to seek solace away from the noisy city.

VOICEOVER The best thing to do is to avoid exposure to unpleasant sounds that can cause noise anxiety, which may heighten depression symptoms.

Scene 10: The character takes a deep breath and decides to take action. The character is seen researching ways to protect herself from noise pollution on her computer.

VOICEOVER If you can't avoid the noise, one simple solution is to wear earplugs or noise-cancelling headphones in noisy environments. Sound reduction or avoidance at our workplaces can also help reduce noise levels.

Scene 11: The character picks up a pair of noise-cancelling headphones and earplugs, showcasing them to the camera.

VOICEOVER However, we should be aware we don't overexpose ourselves by listening too loud to music to avoid the surroundings. Protecting ourselves from noise pollution allows us to connect with the beauty of the world around us. What steps do you take to protect yourself from noise pollution?

Final scene:

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Production: Savage and Gray Design Ltd

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