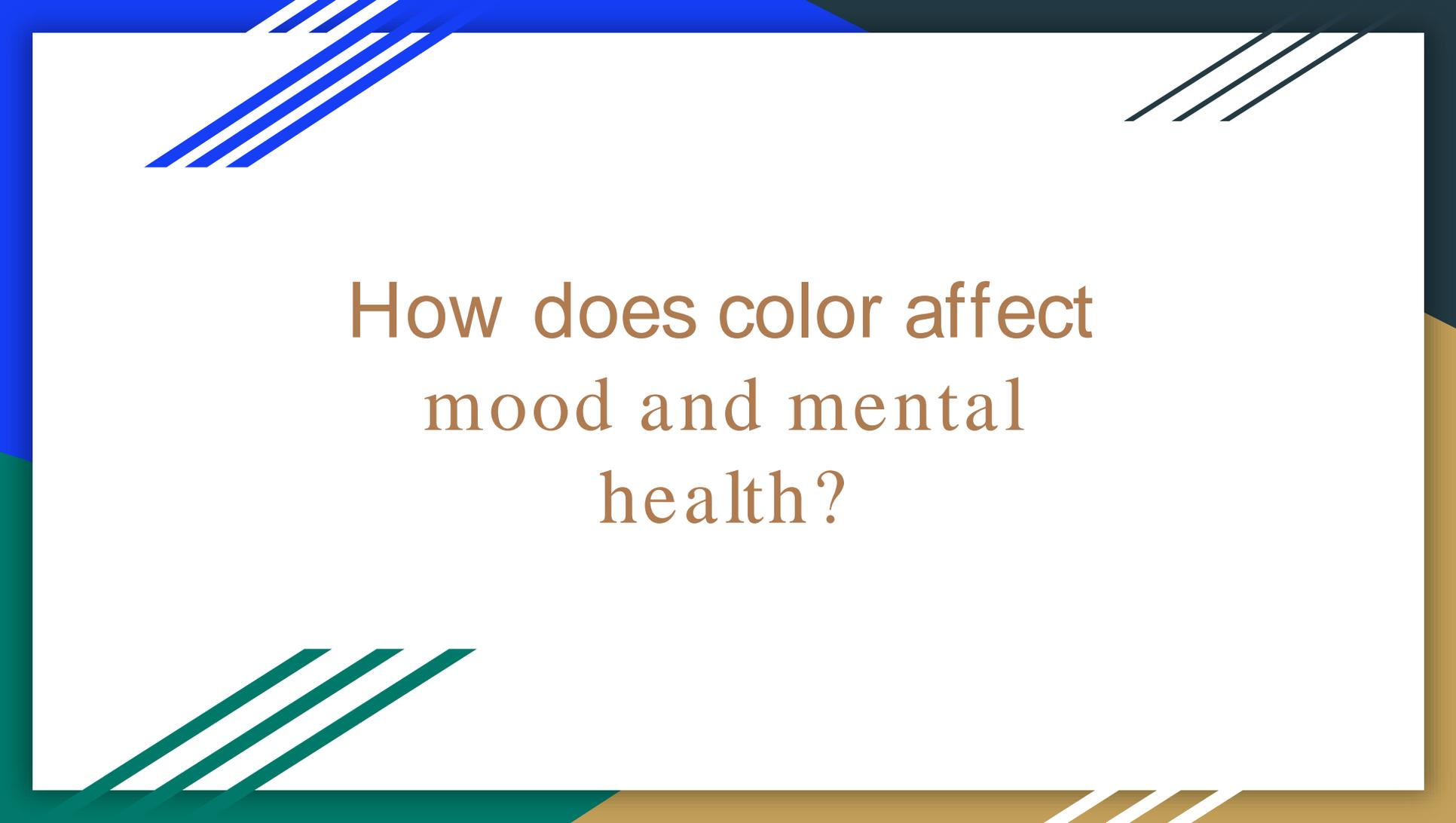


# Survey and Visualization

MM, CS, TW



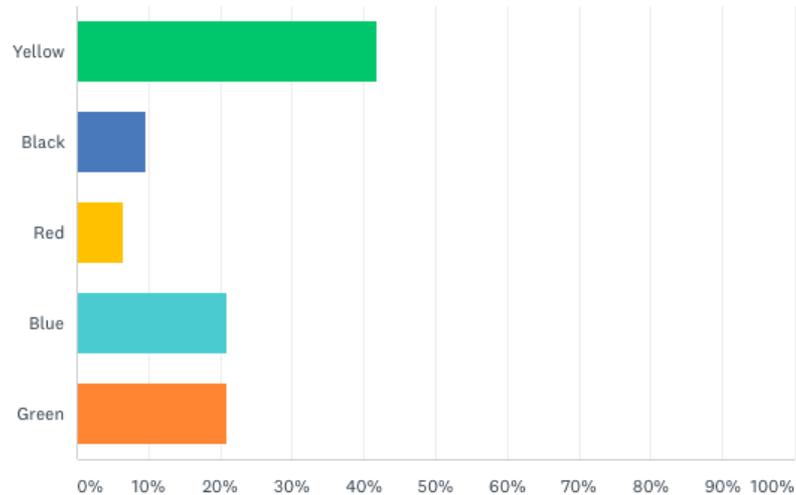
How does color affect  
mood and mental  
health?

# Survey Questions:

1. Which color makes you feel the most happy?
2. Which color makes you feel the most sad?
3. What color describes your mood at this point in your life?
4. Which color describes your childhood?
5. How does this image make you feel?
6. What color makes you feel safe/comfortable?
7. Do favorite colors change throughout your lifetime? Why or why not?

# Which color makes you feel the most happy?

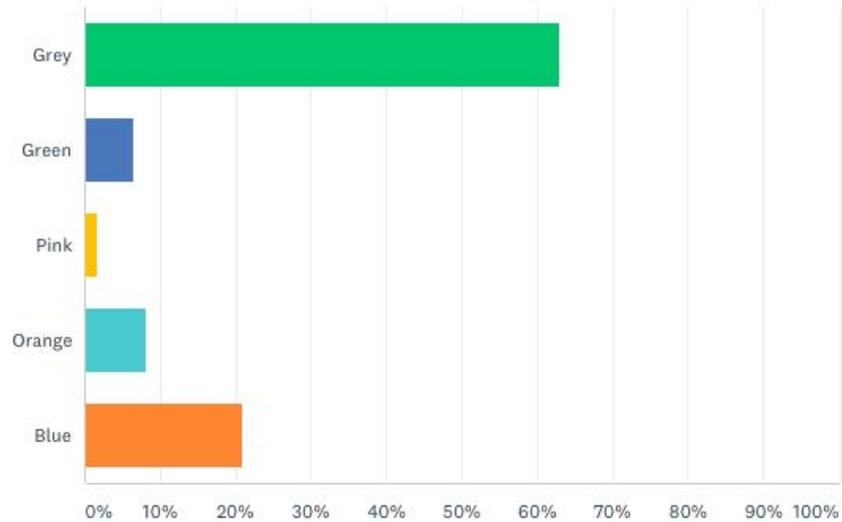
Out of the colors listed, the color that makes people the most happy is yellow.



ANSWER CHOICES	RESPONSES	
▼ Yellow	41.94%	26
▼ Black	9.68%	6
▼ Red	6.45%	4
▼ Blue	20.97%	13
▼ Green	20.97%	13
<b>TOTAL</b>		<b>62</b>

# Which color makes you feel the most sad?

Out of the colors listed, the color that makes people feel the most sad is grey.



ANSWER CHOICES	RESPONSES
▼ Grey	62.90% 39
▼ Green	6.45% 4
▼ Pink	1.61% 1
▼ Orange	8.06% 5
▼ Blue	20.97% 13
<b>TOTAL</b>	<b>62</b>

# What color describes your mood at this point in your life?



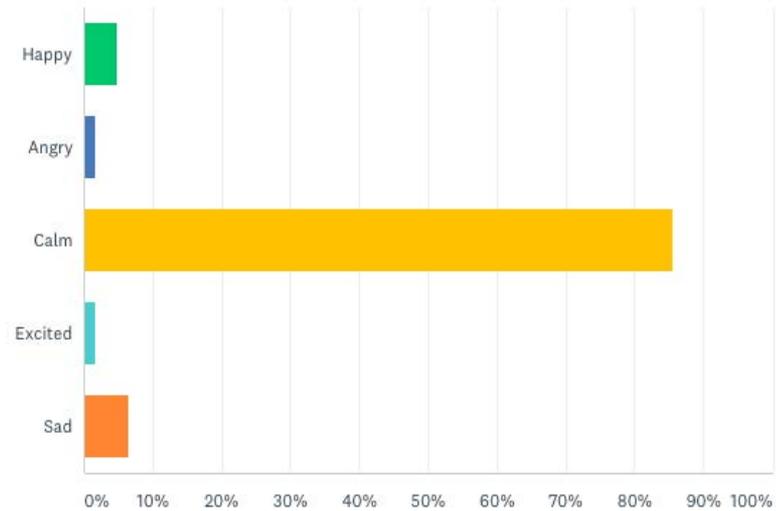
This question was one of our open-ended questions, meaning the people that took the survey could use whatever color they wanted. In the word cloud you can tell that the colors that were used the most for the volunteers mood were blue and yellow. These colors could represent that most of the volunteers are satisfied and happy with their lives or gloomy.

# Which color describes your childhood?

This is another one of our open-ended questions for the surveyors. As seen in the word cloud, yellow is the biggest and brightest word. This could mean that most of the people who answered had a childhood that was cheerful and happy.



# How does this image make you feel?



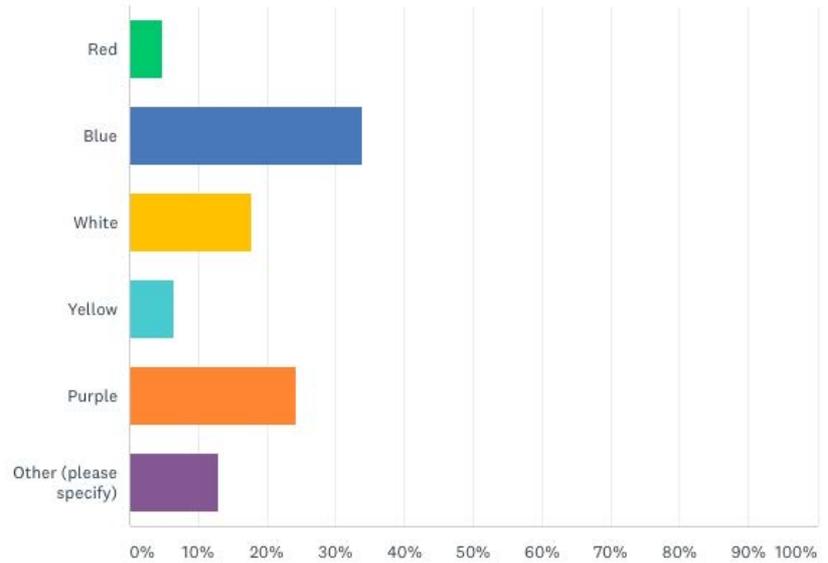
Out of the colors listed, the emotion that was chosen the most was calm in response to the picture shown.

ANSWER CHOICES	RESPONSES
▼ Happy	4.84% 3
▼ Angry	1.61% 1
▼ Calm	85.48% 53
▼ Excited	1.61% 1
▼ Sad	6.45% 4
<b>TOTAL</b>	<b>62</b>

# What color makes you feel safe/comfortable?

Out of the colors listed and the free response, the color that makes the volunteers feel the most comfortable/ safe is blue and grey.

black (1) burgundy (1) dark-walnut-brown (1) green (1) **grey** (3) pink (2)  
sky-blue (1)



ANSWER CHOICES	RESPONSES	
▼ Red	4.84%	3
▼ Blue	33.87%	21
▼ White	17.74%	11
▼ Yellow	6.45%	4
▼ Purple	24.19%	15
▼ Other (please specify)	Responses 12.90%	↕ ^
<b>TOTAL</b>		<b>62</b>

# Do favorite colors change throughout your lifetime? Why or why not?

age associate blue certain **change** child  
**color** colour constantly deal depends  
different dislike emotions everything experience  
**favorite** feel gives going green **grow** guess  
happen happy **life** **lifetime** liked loved meaning  
mind mine **mood** older people perception person  
perspective **pink** point really red situation sometimes  
stages **things** think **throughout** tired  
yellow

For this open-ended question, we received a variety of answers. Most volunteers agreed that their favorite color changed throughout some point of their lives but there were a few that disagreed. Reading through the responses and looking at the word cloud, you are able to see that a large portion of the volunteers have experienced a favorite color change due to their change in mood, feelings, thoughts, and perspectives. To summarize the majority that answered yes to the question, as you get older, what you like, think about and how you feel about yourself and others changes, therefore, the color you favor changes. On the other hand, those who answered no said that they have had the same favorite color since they were children. Maybe they have been in the same type of environment, around the same people and had somewhat the same feelings and mood all their lives.

# Color and mood

How could color affect a person's mood and mental health?

Color is a wavelength of energy and each color has a different wavelength and frequency. The colors that we see have an impact on signals that influence the neurological system. Therefore, color can stimulate your change in behavior, as well as your different moods and what you think. With that being said, color is now used for therapy to enhance the mind and change the mind and mental health of people. This therapy is used all the time, it is all around us. It is used in public buildings such as hospitals. The walls are painted a specific color to make you feel more comfortable, safe and calm. Open areas like parks have a good variety of green and brown for relaxation and adventure. Lastly, our own homes are covered in this therapy. When we paint the walls, we want it to be inviting and warm.

# Color Meanings

The meaning of a color depends on the person. Here are some common meanings/feelings for specific colors:

**Red** : love, power, heat, aggression, danger, anger, fire, luck

**Yellow**: happy, joy, jealousy, danger, betrayal, imagination

**Blue**: peace, trust, depression, confidence, cold, loyalty

**Purple**: wisdom, enlightenment, mystery, nobility, ceremony

**Green**: nature, health, good luck, jealousy, generosity, misfortune

**White**: peace, nothingness, birth, cold, innocence, goodness

**Grey**: safety, modesty, grief, maturity, dignity, intelligence

**Black**: fear, elegance, wealth, evil, remorse, anger, sophistication, power

**Orange**: energy, enthusiasm, balance, expansion, warmth,

**Brown**: home, comfort, stability, endurance, reliability, simplicity

# Work cited

<http://www.keycolour.net/blog/relationship-colour-mood/>

<https://www.color-meanings.com/>