

| Age | Gender | Time without music | Time with music | Genre of song listened to during the experiment |
|-----|--------|--------------------|-----------------|---|
| 16 | Male | 110 | 100 | Hip Hop/ Contemporary |
| 17 | Male | 121 | 115 | pop |
| 17 | Female | 110 | 76 | Lofi/Hip-Hop |
| 15 | Male | 121 | 121 | Rap |
| 15 | Female | 133 | 121 | alternative |
| 17 | Female | 90 | 88 | Hip Hop/ Contemporary |
| 16 | Female | 128 | 121 | Alternative/Indie/Chill |
| 17 | Female | 84 | 83 | Rock |
| 16 | Male | 89 | 80 | Rock |
| 15 | Female | 100 | 140 | Hip Hop/ Contemporary |
| 16 | Female | 110 | 116 | R&B |
| 17 | Female | 99 | 113 | Electronic |
| 17 | Female | 103 | 97 | Rock |
| 16 | Female | 135 | 207 | Rock |
| 17 | Female | 98 | 94 | R&B |
| 15 | Female | 100 | 151 | Hip Hop/ Contemporary |