



# The 2<sup>nd</sup> International Neurotrauma Congress & the 4<sup>th</sup> International Roads Safety Congress

Shefa Neuroscience Research Center, Tehran, Iran, 18-20 February, 2015

*The Neuroscience Journal of Shefaye Khatam*

Volume 2, No. 4, Suppl. 3

## Poster Presentation

### Music While Driving; the Impact of Music on Driving Performance

Seyedeh Samaneh Dastgheib\*

Shefa Neuroscience Research Center, Khatam Alanbia Hospital, Tehran, Iran.

**Published: 18 February, 2015**

#### **Abstract**

Music has been used as mood modulator by humans for many years. Nowadays music is mostly play as one of the switch in a car. Although music listening is common at during driving. Its impact on driving performance has developed debates and controversies. Studies have shown that self-selected in-car music listening can improve driver's mood and behavior. However other studies have reported that background music can be a risk factor for distraction. Spending of time could be increased by performing music search that eventually, driver eyes off the roadway, therefore, suggests that searching music could be problematic at driving. The results of this study demonstrate music as a mood regulator which could decrease anxiety and impulsive behavior in drivers. They also suggest that preparation a self-preferred classic music selection before deriving could reduce distractions due to music search tasks.

**Keywords:** Music and Driving, Road Accident, Driver Behavior.

**\*Corresponding Author:** Seyedeh Samaneh Dastgheib

**E-mail:** dastgheib7@gmail.com