



**CALIFORNIA STATE SCIENCE FAIR
2005 PROJECT SUMMARY**

Name(s) Ashley L. daCosta	Project Number J1707
Project Title Is Laughter Really Good Medicine?	
Abstract Objectives/Goals I wanted to find out if laughter eases pain. Would people watching a funny video be able to keep their hands in cold water longer than they could while watching a documentary or not watching anything at all? My hypothesis was that people watching the funny video would be able to keep their hands in cold water the longest. Methods/Materials I had small groups of people, both kids and adults, put their hands in bowls of ice water (0 degrees Celsius) three different times: once while watching America's Funniest Home Videos, once while watching a Hawaii documentary, and once while watching nothing at all. I asked them to keep their hands in the water as long as they could, but they could take them out when they needed to. I timed how long they kept their hands in for each test and waited about 15 minutes between tests. Results My results are that 19 times comedy had the longest time, 4 times the documentary had the longest time and 10 times watching nothing had the longest time. The time spans ranged from 9 seconds to 3 minutes. Most people said that the pain in their hands went down while they were laughing and stayed down for a while. I am continuing to test groups of people and will add to this data. Conclusions/Discussion My conclusion is that laughter does ease pain.	
Summary Statement I wanted to see if laughter would ease pain.	
Help Received My grandpa cut a strip of cardboard for the title of my project. My grandma took some of the pictures, since I had to time during the experiments.	