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Revised Selected Papers

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Wei Jiang
Shuwu Zhang
Editors



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Features of brainwave induced by 3D auditory stimulation

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Abstract—Previous studies have shown that music has a certain calming effect, which cause an increase in alpha-band activity (8-12 Hz) in electroencephalography (EEG), and different types of music can increase or inhibit the activity of the cerebral cortex and induce some features of brainwave. With the development of virtual reality technology and binaural technology, the presentation of music and sound works is extended from two-dimensional to three-dimensional, but there is hardly any research on three-dimensional audio (3D audio) and its effect. This study looked for EEG features by collecting EEG signals before and after listening to 3D audio. Persistent 3D audio at a specific frequency of a specific location was used as the stimulation material, and the silence stage and the listening stage of the same group of people (without the control group) were used for the study. The analysis of the changes of alpha, beta and theta band power from the brain area and channel shows that the 3D audio sound stimulation has a significant effect on the EEG power of the general population, and the brain has reached a state of relaxation; after listening to 3D audio, the alpha wave rises obviously, theta wave drops obviously; the brain is more sensitive to 3D audio in the parietal lobe and occipital lobe, and the alpha wave changes more obviously in the right hemisphere, which is almost same as the position of the sonic stimulation point.

Keywords—EEG power; sound and EEG; digital audio; auditory stimulation

I. INTRODUCTION

Listening to music is an effective means of reducing stress and anxiety and relaxing properly. Studies have shown that music and sound is closely related to people's emotions and body reactions, and different types of concerts evoke different emotional reactions, induce different EEG features. Listening to music is considered an effective way to reduce stress and anxiety [1]. Music can relieve stress and create a sense of well-being from the inside out [2], music therapy has a positive effect on emotions, and reduces fatigue and

increases concentration of attention [3]. At the same time, studies have shown that different music can induce different EEG features. For example, Fried (1990) found that music can strengthen the low-metabolism and the opposite state of awakening, that is, the alpha wave increases; in the study, Lu Yingjun found that Chinese classical music made the subjects most relaxed, brain activity weakened significantly, and music processing had the advantage of the right hemisphere.

With the development of virtual reality technology and computer technology, as well as people's constant seek of sound quality and effect, mono and stereo audio can no longer meet people's demand for high-quality sound, 3D audio has become the development direction of today's social audio. As a new way of music and sound presentation, 3D sound localization technology creates a 360-degree listening environment. How this three-dimensional sound effect affects the brain is worthy of further study and discussion. Therefore, the relationship between them can be observed through the study of EEG signals. The main stimuli in human brain science research, from static visual images and dynamic visual images to music and sound, are effective ways to induce physiological and psychological activities, and some studies have proved that the cognitive law is excavated through music [4]. It is very reasonable and effective, and it has broad application prospects, but there are not many brain science research related to 3D audio. Therefore, this article will focus on 3D audio, using spatial 3D audio stimuli to observe the brain's response to continuous three-dimensional sound intervention, and to find a connection between the two.

II. GENERATING METHODS OF 3D AUDITORY STIMULATION

The core principle of virtual 3D audio based on 3D sound localization technology is HRTF (Head Related Transfer Function), which contains the information of sound

source points in 3D sound field. Using HRTF function, 3D sound field can be accurately reproduced [5]. In the case of free field, the HRTF of the left and right ears is defined as:

$$\begin{aligned} H_L &= H_L(r, \theta, \varphi, f) = P_L(r, \theta, \varphi, f) / P_0(r, f) \\ H_R &= H_R(r, \theta, \varphi, f) = P_R(r, \theta, \varphi, f) / P_0(r, f) \end{aligned} \quad (1)$$

The P_L, P_R represents the sound pressure of the left and right ears of the listener and P_0 is the sound pressure when the listener is not in the position. From formula (1), we can see that H_L and H_R are the functions of the horizontal angle θ , elevation angle φ , distance from the sound source to the center of the head r and the frequency f of the sound wave [6]. Since HRTF changes with the position of human head and varies from person to person, the virtual 3D audio generated in this study takes into account the head shape of most people and the basic environment. A more moderate HRTF is selected from IRCAM Listen Database for signal processing to avoid causing errors.

Virtual 3D audio with HRTF information is mainly generated and processed by interactive graphical programming software MaxMSP. The program in this study is mainly divided into two parts: signal generation and localization. In the first part, the software module is used to generate the sine wave of 333Hz. The sine wave is recorded and divided into 20 audio points in 1 second. In the second part, in order to generate more realistic virtual localization, the virtual 3D sound environment is constructed in software, and the horizontal angle, elevation angle and the distance to the head of the sound source are adjusted by using HRTF algorithm. All materials are generated in headset monitor to ensure the accuracy of positioning and matching with the subsequent experimental process.

III. EXPERIMENT MATERIALS AND METHODS

A. Experiment Materials

In this experiment, the 3D audio described above was used as the stimulus material, which is a sine wave signal with a frequency of 333Hz and processed by the HRTF algorithm, which had a certain sense of space and a clear orientation. The auditory stimulus lasted 5 minutes. The playback volume is adjusted to a clear and comfortable degree (about 60dB). The EEG is recorded using 8 Greentek noninvasive EEG electrode with the control scalp impedance below 100Ω .

B. Participants

The experiment was conducted at the Shanghai Science and Technology Museum during the Shanghai Science Festival in May 2018. Visitors to the Shanghai Science and Technology Museum lined up at the door of the laboratory and entered the laboratory in turn to participate in

the experiment. 29 subjects who are different from gender, age and occupation participate in the experiments.

C. Experiment Methods

The subjects were tested individually in five steps (as shown in Fig.1): (1) The subject enters the field, sits down comfortably, puts on headphones, and wears the EEG cap; (2) The experimenter introduces the experiment task, and the subject stays silence, at the same time fills out the basic information table, including gender, age, occupation and other information and the experimenter begins to collect the EEG data of the subjects for 4minutes; (3) The subjects begin to listen to the 3D audio material for 4minutes; (4) At the end of the test, the subject is asked to fill out a questionnaire about their feelings of the test.

In order to control the variables, we keep the duration of the silence and listening stage consistent. The total duration of the test is 18 hours, the scene is set to a semi-enclosed area, the light is soft, and the ambient noise is controlled as much as possible.

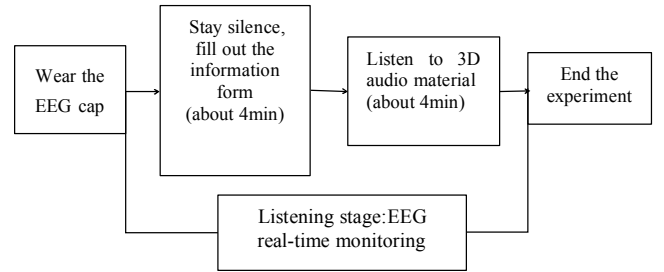


Figure 1. Schematic diagram of experimental steps.

D. EEG processing and analysis

The following EEG processing steps were performed using Matlab and EEGLAB.

1) *EEG preprocessing*: In order to eliminate all frequencies outside the range of interest, data was high pass filtered with a 0.3 Hz FIR filter, and was filtered with 50Hz FIR notch filter to filter out baseline drift and power frequency interference. The amplitude envelope of the different frequency bands were obtained for 'Silence', 'Listening' conditions for a total of 8 electrodes which are F3, F4, C3, C4, T7, T8, P3, P4.

2) *Feature frequency extraction*: The data is divided into two sections according to the beginning marker. The first section is the data of 4 minutes in silence stage and the second section is the data of 4 minutes in listening stage. The amplitude envelope of the delta(1-4Hz), theta(4-8Hz), alpha(8-13Hz), beta(13-30Hz) frequency ranges were obtained using FFT(fast Fourier transform). The method used to convert temporal domains to frequency domain is called Digital Signal Processing. In addition, the transformation is also been known as Fourier Transform which generates Fourier coefficient for each frequency present in the temporal signal [7].

3) *Invalid data elimination*: Check if the amplitude range of the whole data is concentrated in $\pm 100\mu\text{V}^2$, and judge the invalid channel beyond $\pm 100\mu\text{V}^2$ as invalid data, and delete the invalid data artificially. After deletion, the EEG data is relatively clean, which can be used as valid data in statistical analysis.

4) *Calculation of evaluation parameters*: After the above steps have been completed, the average power of alpha, beta, delta, theta bands before and during the listening stage is selected as the main processing object. According to the formula, the two corresponding evaluation parameters of all frequency bands are calculated: the mean of EEG power measured in silence stage, and the ratio of EEG power to total power (hereinafter referred to as relative power). Total power is the sum of absolute power in all frequency bands, and the relative power is the ratio of absolute power to total power in each frequency band. As shown in formula (2), the P_i is the absolute power of the corresponding band and the p_i is the relative power. P_i ($i=1,2,3$) represents the average power of the three bands alpha, beta, theta, p_i is its relative power.

$$p_i = P_i / (P_1 + P_2 + P_3) \quad (2)$$

5) *Statistical analysis of evaluation parameters*: The collected data were recorded into the SPSS24.0 statistical software, and the relative power changes were analyzed by using the paired t-test. $P < 0.05$ means the difference is statistically significant.

IV. EXPERIMENT RESULTS

Through data collation and statistical analysis, this study contrast the silence stage (4mins) when the subject does not listen to 3D audio and the listening stage (4mins) when listening to 3D audio, and the results are obtained from the following two aspects:

A. Comparison of the mean relative power of EEG in silence and listening stage

In order to observe the changes of alpha, beta and theta waves in silence and listening stage (as shown in the map, the delta band does not change significantly before and after listening, so it is not included in the subsequent statistical test), the relative power of each target band (calculated by formula (1)) is used to do the paired t-test. The statistical level of $p < 0.05$ was used to observe the difference of each channel before and during the listening stage.

TABLE I. PAIRED T-TEST RESULTS OF ALPHA BAND MEAN RELATIVE POWER IN SILENCE AND LISTENING STAGE

Paired T-test results (Marked * represents significant difference)				
Electrode position	Silence	Listening	T	Sig.
F3	0.2798	0.3007	-1.884	0.070
F4*	0.2742	0.2983	-2.308	0.029
C3	0.3131	0.3566	-1.846	0.076
C4*	0.3077	0.3591	-2.666	0.013
T7*	0.2742	0.3647	-4.153	0.000
T8*	0.2794	0.3493	-3.737	0.001
P3*	0.2994	0.4072	-3.97	0.001
P4*	0.2921	0.3966	-3.983	0.000

TABLE II. PAIRED T-TEST RESULTS OF BETA BAND MEAN RELATIVE POWER IN SILENCE AND LISTENING STAGE

Paired T-test results (Marked * represents significant difference)				
Electrode position	Silence	Listening	T	Sig.
F3*	0.1508	0.1668	-2.115	0.044
F4	0.1519	0.1624	-1.31	0.201
C3*	0.1349	0.1520	-2.168	0.039
C4	0.1393	0.1537	-1.839	0.077
T7	0.1410	0.1408	0.011	0.991
T8	0.1433	0.1431	0.023	0.982
P3	0.1314	0.1419	-0.839	0.409
P4	0.1213	0.1191	0.291	0.773

TABLE III. PAIRED T-TEST RESULTS OF THETA BAND MEAN RELATIVE POWER IN SILENCE AND LISTENING STAGE

Paired T-test results (Marked * represents significant difference)				
Electrode position	Silence	Listening	T	Sig.
F3*	0.5694	0.5325	2.504	0.019
F4*	0.5739	0.5393	2.417	0.022
C3*	0.5519	0.4914	2.57	0.016
C4*	0.5530	0.4872	3.45	0.002
T7*	0.5848	0.4945	4.389	0.000
T8*	0.5772	0.5076	4.36	0.000
P3*	0.5691	0.4509	4.596	0.000
P4*	0.5866	0.4843	4.58	0.000

As shown in table 1&2&3, it is observed from the frequency band that, compared with the silence stage and the listening stage of the same group, the alpha wave increases obviously in all the channels, while the theta wave decreases obviously, and the difference is statistically significant, but there is no obvious regularity in the beta wave.

From the changes in the brain area, the alpha wave and the theta wave have obvious changes in all the channels of the occipital region, and there are left and right brain asymmetry from the position of the frontal lobe and the parietal lobe. The EEG asymmetry of the frontal and top

regions is determined by comparing the relative power of the alpha waves from the right electrode with the relative power of the alpha waves at the left electrode. The alpha wave increases obviously in the F4/C4 electrode position (right frontal lobe and parietal lobe), and the beta wave increases significantly in the F3/C3 electrode position (left frontal lobe and parietal lobe), and the difference are statistically significant. It is indicated that the left and right brain asymmetry exists in the front and top regions.

B. Comparison of the mean of EEG power in silence and listening stage

In order to observe the energy changes of alpha, beta, delta, theta bands in different lobes of the cerebral cortex, the corresponding power spectral density of the electrodes was mapped to the scalp model to form a brain topographic map with different colors. The closer the color is to the red, the greater the energy of the position.

By comparing the brain topographic maps before and during the listening stage, it can be found from figure 2&3 that, the alpha wave increases obviously in the top and occipital lobes, and increases slightly in the frontal lobe, when the theta wave decreases significantly in the parietal and occipital lobes. Meanwhile, the beta wave increases slightly in the occipital and frontal lobes, and the delta wave decreases slightly in the occipital lobe. The results show that the change of alpha and theta waves is more obvious in 3D audio, and the brain is more sensitive to 3D audio in the

parietal and occipital lobes. At the same time, compared to the other three bands, the response of beta in frontal area is more obvious.

V. DISCUSSION

This study examined the features of brain waves induced by 3D audio, and whether it is conducive to stress management. Results show that participants showed significant positive changes after listening to 3D audio compared to the silence stage. Analysis of brainwave power changes shows a sharp contrast between the silence stage and the listening stage. The following conclusions can be drawn:

1) By comparing the results of the same group of people in the silence stage and the listening stage, the alpha band power is obviously increased, and the theta band power is significantly decreased. It can be seen that the alpha band power is induced after listening to the 3D audio, and the theta band power is suppressed. As far as we know, there is no previous report on 3D audio for relieving stress and relieving emotions. However, there are many discoveries support our observations. Studies show that the rise of alpha waves proves that adults are gradually entering a state of quiet, comfort, relax but awakening, accompanied by a state of thinking [8]. Therefore, in this study, after listening to 3D audio, the EEG signal mainly recorded alpha wave, this is similar to the EEG feature induced by ordinary two-channel stereo audio.

2) The main findings of the brain area are mainly that in the comparison between silence and listening stage, both the frontal, parietal and occipital lobes show changes. The results show that in the frontal area and the parietal lobes, the alpha band power changes more obviously on the right side, and the beta band power changes more obviously on the left side. Subjects who listened to 3D audio exhibited left and right asymmetry of alpha and beta waves. Some previous studies explored the hemisphere characteristics during music listening. For example, one study has shown that lateralization is due to differences in autonomic nervous system input in physiology [9], the right hemisphere mainly receives sympathetic input associated with greater arousal and negative effects, while the left hemisphere primarily receives parasympathetic input associated with less arousal and positive effects. At the same time, Davidson and Fox's theory holds that the frontal lobe differs from positive emotional states and negative emotional states and corresponding motivational behaviors [10], the left frontal area of the brain regulates positive emotional experiences (e.g. happiness) and proximity behavior, as well as the right forehead area of the brain, used to regulate negative emotions (e.g. fear, sadness) and the experience of withdrawal behavior. It can also be noted that the frontal alpha wave, which has increased asymmetry, is associated

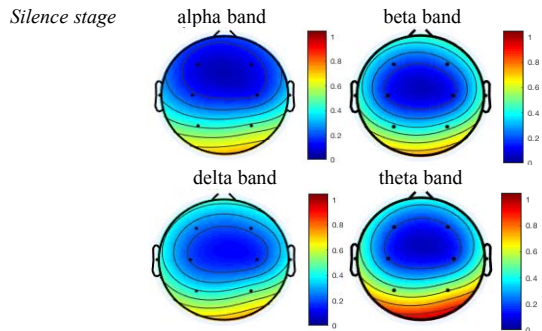


Figure 2. Brain Topographic Map in Silence stage in four bands.

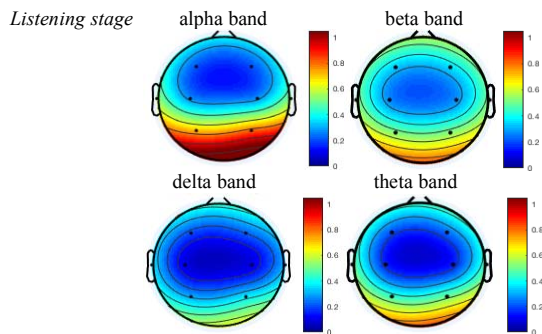


Figure 3. Brain Topographic Map in Listening stage in four bands.

with creative thinking [11], more right brain activity at rest is associated with in-depth problem solving [12]. The alpha wave is a common wave in the normal human brain, which is the basic rhythm of EEG. The appearance of alpha wave indicates that the brain is in a state of waking relaxation. During the listening stage, the relative power of the alpha wave in the right frontal region increased significantly compared with the silence stage, which indicates that the audio has a soothing effect on the mood swing in the right frontal region, which may be conducive to regulating negative emotions.

From the above observations, the right brain advantage of the alpha wave may be the characteristic of negative emotion regulation and anxiety reduction, and also the embodiment of creative and insightful thinking. This may be related to the virtual 3D position in 3D audio. The virtual position in the sound is located at the junction of the frontal and parietal lobes of the right hemisphere of the brain, which corresponds to the position of the electrode where the alpha wave changes significantly in the experiment, and this change is a energy rise, but it is opposite to the change position of beta wave. This result indicates that the stimulation of a specific position of the brain by sound may induce response in certain bands of EEG, and activate the brain area where the sound waves radiate for relaxation.

VI. CONCLUSION

This study aims to explain the brain response to 3D auditory stimulation. Studies have shown that when brain processes rhythmic signals, it will produce the resonance of the same frequency with the imagined structure of the bar [13]. It proves that the "virtual" imagination is real in the brain. In this experiment, the 3D audio produces an auditory space, gives a specific position of sound stimulation, and stimulate the listener's imagination of sound location, to induce brain activity. These findings thus bring strong support for that, the imagining of sound localization may also be real in the brain. This may be due to the mental functions in the frontal lobe. This discovery may not be a coincidence, and further research is needed in the future.

In recent years, researchers have focused more on the relationship between brain activity induced by sound or music and emotional factors, but little attention has been paid to sound or music based on virtual reality and binaural technology. However, our study has some limitations. Firstly, the 2D version of 3D audio should be made for comparative research, which may strengthen our research conclusions. And use music with melody as experimental materials to compare with sine wave, and observe the difference in effect. Secondly, our sample size is only 29 people, which will make our research conclusions lack of

universality. Therefore, in the future, it is necessary to experiment again in other people and in comparison with 2D audio to verify the conclusions of this experiment. In addition, it is necessary to increase the number of channels and improve the precision of EEG equipment in the future.

This study extends the research direction of brain activity and brain reaction to some extent, and uses 3D audio produced by 3D sound localization technology to explain the characteristics of EEG induced by 3D audio. It also lays the foundation for the research of this new type of music and virtual reality.

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