

In the present study we induced a temporary anxiety *state* by the use of a stressful motion picture film. We hoped to demonstrate the anti-anxiety effect of chlordiazepoxide under this condition and to see whether there was an interaction with the *trait* of anxiety as described by DiMASCO and BARRETT. By using a barbiturate control and measures of anxiety and sedation we also hoped to show that the alleged anti-anxiety effect of the tranquilizer was distinct from a sedative effect.

Method

Subjects

These were recruited through advertisements at two universities. Men between 21 and 35 in good health were asked to participate in a study of "drugs and emotional responses to motion pictures". They were told that they would be given a "standard tranquilizer", watch several movies and fill out paper and pencil tests. Ten dollars payment was offered for the four hour experiment. Ss were required to fill out a health form in advance and were screened for drug sensitivity, liver and renal disease, allergies, psychiatric disturbances and current medication intake. Of 178 applicants, 53 were screened out and 12 withdrew prior to the experiment, leaving 113 who finally participated.

Measures

Three questionnaires were used: 1. A slightly modified version of the Psychiatric Outpatient Mood Scale (POMS) measures subjective anxiety, fatigue and five other mood factors on a five point scale (McNAIR and LORR, 1964). The tension-anxiety factor of this test has been shown to be sensitive to medication effects.

2. The Taylor Manifest Anxiety Scale (TMAS) in an abbreviated form contains 50 true-false items. These items reflect the more stable anxiety personality trait while the POMS measures a momentary state.

3. The Physical Inventory is a seventeen-item questionnaire asking Ss to record medication side effects including sedation, tremor and autonomic effects.

Design

Ss assembled in an auditorium and were randomly assigned to one of three groups: chlordiazepoxide, 15 mg ($N = 36$); secobarbital, 100 mg ($N = 39$); or placebo ($N = 38$). Ss took medication on signal and immediately filled out a POMS and TMAS. Then the film "Indian Summer" was shown to allow time for the medication to take effect. "Indian Summer" is a 30 min film chosen to be moderately interesting but not affectively arousing. After the film, Ss took a second POMS. Then there was a period of quiet study followed by a third POMS. 85 min after taking the medication, Ss were shown an anxiety-producing film "Basic