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They may create sympathy, worry, fear, anxiety, and emotional empathy for the direction of the film's story and the fate of the characters.

Some viewers have a sense of enjoyment for the horror plot.

analysis of the design aesthetics and player emotions of horror games

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People with anxiety are more likely to be negatively affected by horror movies.

Chronic anxiety increases sensitivity to startle stimuli, the researchers explain.

As a result, it makes people who are already stressed and anxious more likely to react negatively.

Are horror movies bad for your mental health?

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