

Is that possible that a person finds the sound of eating torturous? Is that possible that soft sounds make one's heart beat faster and lead to uncontrollable anger? Yes, some people feel this way and research shows that they are not alone.

They know that their reactions are irrational and disproportionate but they are unable to control them. This excessive emotional arousal in response to certain sounds is called misophonia. People with misophonia often limit their social life, experience problems with their daily routine, and sometimes even have suicidal thoughts. Misophonia was first described in the early 2000s by Paweł Jastreboff and it is not classified in any official diagnostic system. It used to be associated with obsessive-compulsive disorder by researchers but the newest data suggests that it is rather a unique disorder. However, this distinction is still uncertain.

In this study, people with misophonia and people without sound sensitivities will undergo a psychological experiment and questionnaire to assess their temperamental traits. All participants will be checked for potential psychiatric disorders and an audiologist will also examine their hearing.

The study will answer the following questions:

- are people with misophonia characterized by any specific temperamental traits?
- Do they have any additional psychiatric disorders?
- What makes them respond to certain sounds with such exaggerated emotional arousal?

Why is such data so important? Because in the future it will help to better identify people with misophonia and to create effective therapies for them.