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## Understanding people's psychological motivations of true crime media consumption and its effects

In the world of violence and affairs, crimes, and injustice, the media is a place where people seek to find escapism, search for new emotions, and connect with their inner selves. For some, spending valuable, time-consuming media that seems violent and gloomy is unimaginable. However, for others, such media has become an excellent tool for escaping the world's problems and everyday challenges. Over the past several decades, stories about criminal actions, particularly murders, have gained popularity and interest among people of different ages and genders. Millions of people from all over the world consume True crime stories, which depict real-life incidents where various violent crimes were committed. These stories usually also present the psychological motivations of the crime committed, the struggles of the families of the victims, trials, detective work, and so on. These stories also present violent actions by specifying precisely how the criminal act occurred and the outcomes of it.

True crime stories are depicted through various media, which offer a different kind of entertainment for people who are interested in crimes overall. The stories may be depicted in TV shows, documentaries, podcasts, books, etc. Each type of media offers a different insight into true crime. The most popular are those stories that depict serial murderers and their backgrounds, showing how they became criminals and what were their motivations. An instance of this is the

story of a well-known serial killer with the name Jeffrey Dahmer, who is an American killer born in 1960. His story is more than just murders; his story is about childhood trauma and the effects it has on people, about the importance of a mother figure for a growing man, and about the mental illness he was going through. Recently, Netflix released a series about his character, which has raised a controversy about whether characters such as Dahmer should be popularized in the world of true crime. Such stories depict the criminal and build some loyalty in the viewer's eyes.

Many scholars have researched the phenomenon of people who enjoy watching or listening to such stories. Interestingly, the research shows that women mostly enjoy consuming stories with criminal narratives. While such media might be stereotypically considered "man" media, women tend to find more enjoyment in watching or listening to those. There are several reasons why people enjoy watching true crime stories, some of which include learning self-defense mechanisms, learning the psychology of the killers, escaping from reality, and so on. Still, it's strange for most people to willingly consume media, which can lead to gloomy, sad, and scary thoughts. A question arises as to what the psychological motivations behind consuming true crime media are and whether the consumption of those can be beneficial to one's mental health and life quality overall. This paper aims to thoroughly research true crime media, its origins, and its development. It will also include interviews with psychology specialists, who will professionally explain the motivations of people's attraction to consuming true crime. With surveys, this research will examine whether there are particular differences in women's and men's motivations, eventually answering an important question: "Does true crime consumption have positive effects on people's psychology, and if so, what are those positive effects?" The paper will also provide in-depth research of the academic literature and examine the scholarly

articles, surveys, and data, which will also aid in understanding the motivations, effects, and outcomes of true crime narrative consumption.

## Literature review

Before understanding what aspects of true crime media attract people, it is essential to consider its origins and its means of gaining popularity. In his latest book, "Toward a Theory of True Crime Narratives", Ian Case Punnett bases his argument on a fundamental query: What constitutes true crime? Punnett suggests that a valid definition of true crime has yet to be invented, as, through history, we have never been familiarized with its real definition. (Punnett, 2018) In his book, Punnett states that true crime stories have a long history, as they may be seen in ancient Greece and even in bible tales. Punnett argues that true crime is both a journalistic and literary genre, which suggests that he evaluates not only one aspect of the narratives but judges those according to formal qualities and the ways the author's storytelling and creativity in writing. Similar ideas to Punnett about true crime reports has Joy Wiltenburg in his article titled "True Crime: The Origins of Modern Sensationalism." Like Punnett, Wiltenburg believes that true crime media not only reports news but also conveys an important meaning and holds political and cultural value. (Wiltenburg, 2004) Throughout his book, Punnett (2018) defines true crime to help people avoid confusion about what media is considered a true crime and what are just fictional stories or news reports. He states that several categories determine true crime stories. The most important is the teleology (TEL) code, which implies that any true crime story must contain information that is accurate and close to the real event. Punnett (2018) draws parallels between true crime stories and fairytales, stating that the similar aspect of these is to

teach humans how to avoid bad life cases and be safe by understanding the dangers of the world.

Punnet (2018) and Wiltenburg (2004) have similar ideas about the emotional appeal of such stories. Wiltenburg mentions in his article that these stories use sensationalism to make people feel new emotions and connect with the characters. Punnet states that the audience becomes engaged with the story when the suspense is embedded at the beginning and revealed at the end. In his article, Wiltenburg (2004) presents the history of true crime, revealing that printers were publishing criminal news reports by the late fifteenth century. By the mid-sixteenth century, the number increased drastically. He suggests that such stories were mainly written by public officials, merchants, and scholars. As technology has developed, true crime consumption has begun to gain even more popularity as there were new means of distributing the information. The stories became less professional journalistic pieces, and the authors began to use literary devices. The stories familiar to us now are generally believed to have been created by Truman Capote as a genre of writing. Punnet (2018) states that even though Capote was the first to use literary devices in true crime stories, which may be used in fiction stories, Punnet considers it highly questionable that Capote was the inventor of modern true crime stories. Wiltenburg (2004) brings a new understanding of true crime narratives consumption, arguing, "The first waves of emotion-laden crime reports were not aimed at masses in the modern sense, but were produced and probably purchased mainly by the literate upper levels of early modern society." He states that the lower and uneducated social class was not accessing these stories, and the production of these was mainly focused on the paying audience. True crime stories are made to provoke an emotion, and feeling new, undiscovered emotions was always the main motive for most people to consume true crime media in the first place. For instance, Wiltenburg (2004) states that in the early ages, titles of true crime stories mainly included words with emotional appeal. Words such

as "frightful," "dreadful," "grievous," and many more were used to attract the audience who desperately wanted to feel an emotion, whether it was generally a good or bad emotion. The emphasis in such stories was mainly on relationships, specific descriptions of violent acts, emotive language, and visual effects, which are techniques to attract more and more people to the consumption of true crime.

Moving into the modern true crime media, an article titled "'My favorite genre is missing people': Exploring how listeners experience true crime podcasts in Australia" by Laura Vitis (2023) delves into the modern means of consumption of true crime media, eventually focusing on the true crime podcasts in a particular country. With the arrival of new streaming platforms, social media, books, YouTube, and podcasts, the flow of true crime narratives has been increasingly diversifying. (Vitis, 2023) As Wiltenburg (2004) discussed the sensational techniques and emotional appeal in true crime narratives, Vitis (2023) presents how dangerous those emotional techniques have become for society, which seems not to differentiate between true and fictional or half-true stories. Vitis (2023) believes that true crime stories heavily impact how people perceive the criminal state in their country; these stories may give the perception of untrue chaos in a country and, by using different means of engaging the audience, eventually, create a false reality in which people would be scared to live. The article proceeds to give information about the overall consumption of true crime media, stating that it is Australia's fourth most popular podcast genre, with listeners from 14 to 54 years old. People mostly like to consume true crime, which includes stories about serial killers, murders, violence against women, and so on. An interesting insight into the cultural influence on people's preference for the consumption of true crime media offers an article published in 2022 titled "Consumption of true crimes and perceived vulnerability: Does the cultural context matter?". Meanwhile, Vitis (2023) states that in

Australia, people who consume true crime media are mainly trying to seek justice and be entertained. Statistics in Australia are similar to statistics in Singapore, as Singaporean people also seek entertainment by consuming true crime media. A different picture is for the Columbians, who consume true crime in order to obtain survival skills and learn more about the murders and criminal actions that take place in their country.(Soto-Sanfiel & Montoya-Bermúdez, 2022) The article by Soto-Sanfiel & Montoya-Bermúdez argues that true crime stories show uninformed audiences how the criminal justice system works, eventually educating people about the justice system in their country, which is a positive effect of true crime consumption alongside with keeping people entertained. The article states that as these stories impact how people receive the world of justice and crime, there is a thin line in the representation of these stories and how these affect people's understanding. It's a positive effect that people learn more about the criminal and justice system; however, sometimes nonfiction stories are not examined enough to present the actual reality. True crime media has the potential to increase the fear of being in a situation that can harm one's physical or psychological health. (Soto-Sanfiel & Montoya-Bermúdez, 2022) A person who has experienced a traumatic event in their life is always afraid of experiencing it once again, and such media puts those people in a position where they are exposed to the quantities of such incidents, which increases the risk of them being in such situations again. (Soto-Sanfiel & Montoya-Bermúdez, 2022) Nevertheless, Vitis( 2023) argues that these stories are positively affecting the justice-seeking practices amongst people, which may be a good sign for those who have been in a traumatic situation and after the popularity of true crime stories may understand that people seek justice for similar situations and obtain strength to speak up and seek justice themselves.Soto-Sanfiel & Montoya-Bermúdez (2022) present motivations for people's consumption of true crime media in Columbia

and Singapore, implying that people who consume true crime media are searching for emotions, understanding murderers, understanding reality, and learning survival skills. Whether people who watch, read, or listen to true crime gain what they were searching for answers an important question: whether true crime consumption has positive effects. Another study conducted in 2010 titled "Captured by True Crime: Why Are Women Drawn to Tales of Rape, Murder, and Serial Killers?" suggests another motivation of people, particularly women watching true crime stories, which is the fear of crime. The study also reveals that women are generally more interested in true crime stories than men. However, an interesting finding shows that it is not solely because women enjoy violent actions in these stories. However, the storyline, culmination, and psychological analysis are the main aspects of interest for women. (Vicary & Fraley, 2010) The research mainly focuses on books that present true crime stories, and the study reveals even more insights as to why women are particularly interested in true crime. "People's fascination with murder may stem from a desire to avoid becoming the victim of a deadly crime" (Vicary & Fraley, 2010). The study reveals that women are more drawn to true crime stories as the victims are almost always the same gender. Women are learning self-defense mechanisms and also learning to detect the behavior of a criminal by examining the psychology and the mind of the killer. "Overall, women were more likely than men to select the true crime book that featured female victims." (Vicary & Fraley, 2010). Similar to the thoughts in this article, a news report titled "Why Do We Love True Crime?" explains that true crime media consumption may be a way of working through past traumas and confronting fears, but true crime also helps people feel safe. (Princing, 2021) Not only that, but Vicary & Fraley's (2010) findings reveal that even though, statistically, men are more likely to be victims of crimes, women have a more extreme fear of those. The authors suggest that the reason for such a phenomenon might be the fact that

the media tends to show more cases where female victims are present, whereas most of the crimes are committed against men. Moreover, the news report by Princing (2021) adds to this idea by presenting the fact that most cases involving white women are being reinforced in the media, ignoring the cases involving women of color, trans women, men, and so on. Vicary & Fraley (2010) present an interesting insight into the motivations of women who watch true crime, implying that fear might be one big reason for such media consumption. Fear drives women into consuming true crime media in order to gain some life-saving strategies, after which women begin to fear even more, as now they are familiar with the vicious crimes that take place. This cycle of fear and information gathering increases the popularity of true crime as girls can't get out of it. In order to consume true crime media in a healthy way, Princing (2021) suggests that people must understand the importance of taking breaks from true crime when necessary, as it will help them avoid being harmfully affected by it. A similar article was published in NBC News magazine titled "Why do we love true crime — and is it healthy for us?" which discusses the love people in America have for true crime and how it affects them. The article discusses the effects of true crime media with a psychotherapist, who reveals that true crime consumption popularity highly likely has mental health implications.( Barth, 2021) The psychotherapist brings examples of people who are positively affected by consuming true crime media, such as a girl who sleeps better while a true crime podcast is going on. The article further discloses some amazing aspects of true crime, such as the fact that it provides escapism to people who need it; for example, in times of the pandemic, people watched true crime to escape reality and entertain themselves.( Barth, 2021)Moreover, some people feel blessed while comparing their lives with the victims, realizing that even though their lives might be hard, some experience much worse. Although the psychotherapist mentions some positive effects of true crime narrative

consumption, she also states that it is important not to get overwhelmed with such media and take breaks, similar to the previous article. The article concludes that these stories, even though they may seem gloomy and violent, may benefit some people's mental well-being. Finally, in the article titled "What Matters More, Perceived or Real Crime?" the authors describe an important distinction between true crime and the perception of it in people's minds. (Manning et al., 2022) The article focuses on the importance of portraying true crime stories in media and how those may affect people who watch them. As Vicary Fraley (2010) mentioned in their article about the victimization of women in true crime, Manning et al. (2022) argue that victimization in true crime stories affects people's psychological well-being. The article argues that there is a difference between what happens in real crimes and what is being reinforced by the media. Because of how the media portrays true crime stories, evidence shows that the public believes that a greater number of crimes are shown than committed. The article touches upon many topics discussed in other articles presented above, summarizing the outcomes of people's consumption of true crime media.

## Research question

Investigating entertainment sources is a powerful tool for understanding how to improve one's life and how consumed media affects people. True crime narratives are a specific genre of journalism that has widely gained popularity among people all over the world. Such fast gain of popularity is connected to the emotional appeals of such media, which evoke feelings, thoughts, and even actions. Even though a significant amount of research is done on true crime narratives, there needs to be more understanding of whether those narratives tend to fulfill human emotional needs or affect others. Therefore, the central question of this paper is: "How can we encourage audiences to adopt a more critical mindset while consuming true crime content?"

## Methodology

Mixed methodology was used to answer this paper's research question. Firstly, the literature was assessed to help understand the topic and its background. By analyzing the sources, it became evident whether true crime media has more positive or negative effects, which lead to the best conclusion. Starting with the background, a book titled "Toward a Theory of True Crime Narratives" by Ian Punnet was. From the book, the historical aspects of authentic crime narratives and definitions was collected and used to present basic information about the true crime to the reader. An article titled "True Crime: The Origins of Modern Sensationalism" by Joy Wiltenburg was used for background. This piece has a more diverse approach to understanding where true crime originated. The ideas from the book will be used further to assess whether different writing styles or presentation styles affect the motivations of people who consume such media. After giving out the background information, other sources were used to further understand people's psychological motivations for true crime consumption. The research suggests that for different people, the motivations might differ, and it heavily depends on gender. The article titled "Captured by True Crime: Why Are Women Drawn to Tales of Rape, Murder, and Serial Killers?" by Amanda Vicary helped to differentiate between the motivations that women and men have while consuming true crime media. This paper provides its analysis by analyzing the evidence presented in the article. Several other sources presented in the literature review will be explored, compared, and critically evaluated in order to provide the best answer to the proposed research question.

For the second part of the methodology, there is a practical analysis of the data provided in the first part. A survey was conducted among women and men to understand whether the motivations of the gender's consumption of true crime media differ and, if so, what the significant differences

are. The survey was conducted among people from different age groups in Armenia, ranging from 14 to 50. These people will be randomly selected and surveyed. While the survey will be limited as the sample size will not be big enough, some insights into the topic will be collected and evaluated compared to other available surveys. The survey had over 100 participants, and the questions were about true crime media and their preferences. The participants answered questions about whether they would like to see local true crime media and whether the true crime media is entertaining to them. The outcomes of the survey were analyzed and presented in the paper.

The most central aspect is the video, which will be filmed in order to serve as a guide for the viewers of true crime. The video will explain the aspects of people's attraction to true crime media and shed light on true crime.

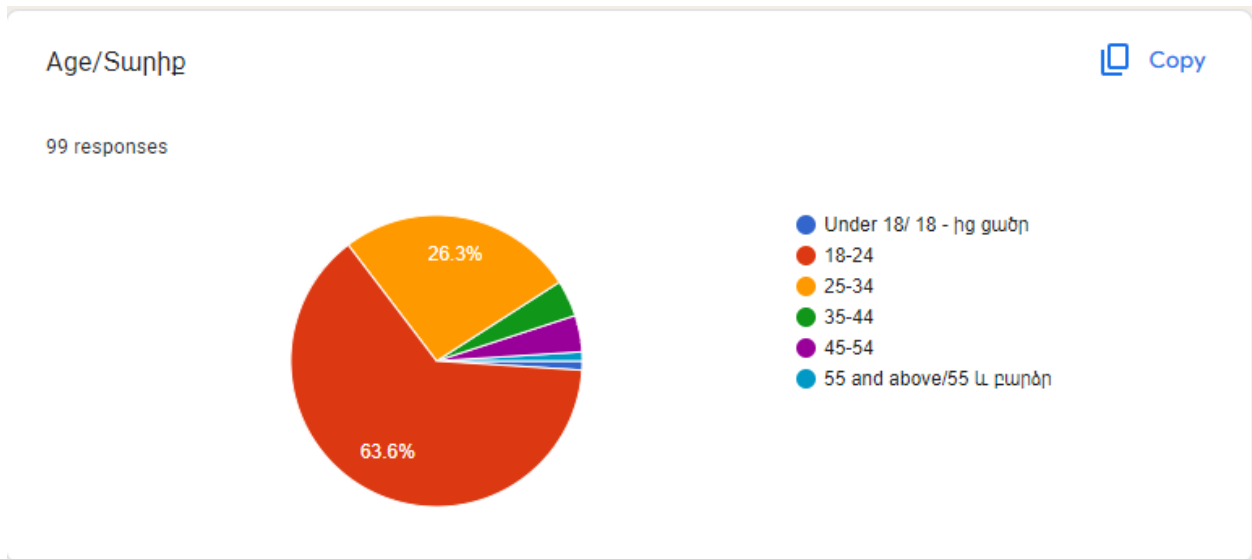
To sum up, the findings will be analyzed and compared with each other, letting the reader more clearly understand the topic and draw conclusions. In the end, using all collected data, the information will be summarized and analyzed, which will help to find the answer to the main research question.

## The Survey Outcomes

A survey was conducted with over 100 participants to understand people's preferences and whether the people in Armenia watch true crime as much as people around the world. The survey contained questions to determine what kind of true crime media is preferable for Armenian people and whether Armenian true crime documentaries will interest them more than those outside their country. The survey had an open question at the end, with exciting answers that

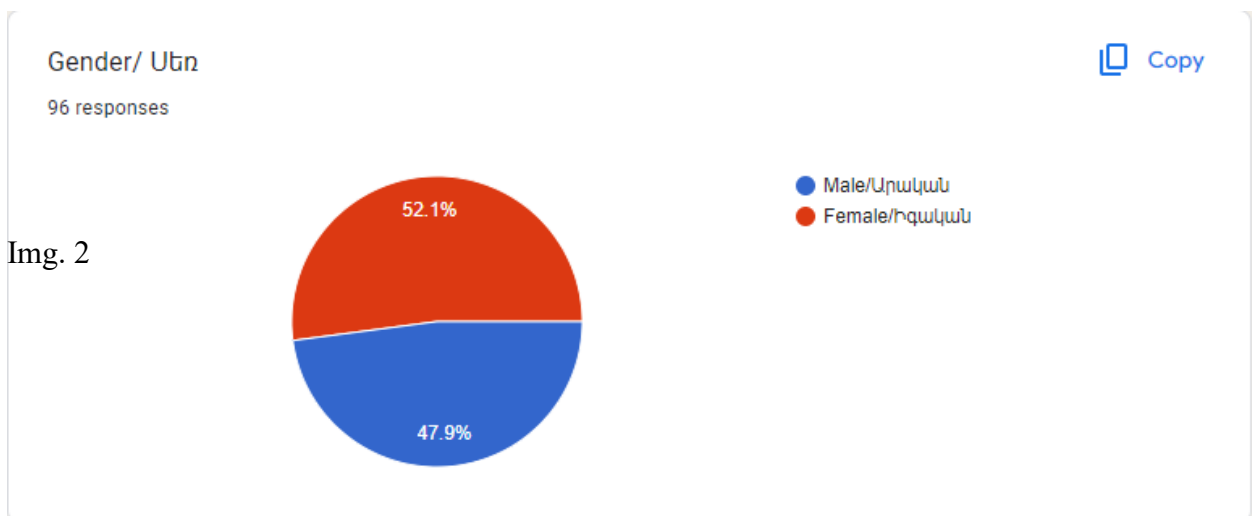
gave even more insights into the topic. It's important to mention that the research is limited as there were limited participants, and the group was selected randomly.

The first question determines the age of the participants. 63.6 percent of the participants were 18-24 year-olds, while 26.3% were 25-34. A small percentage of 4% was shared within the age groups of 35-44 and 45-54 year-olds. (Img. 1)



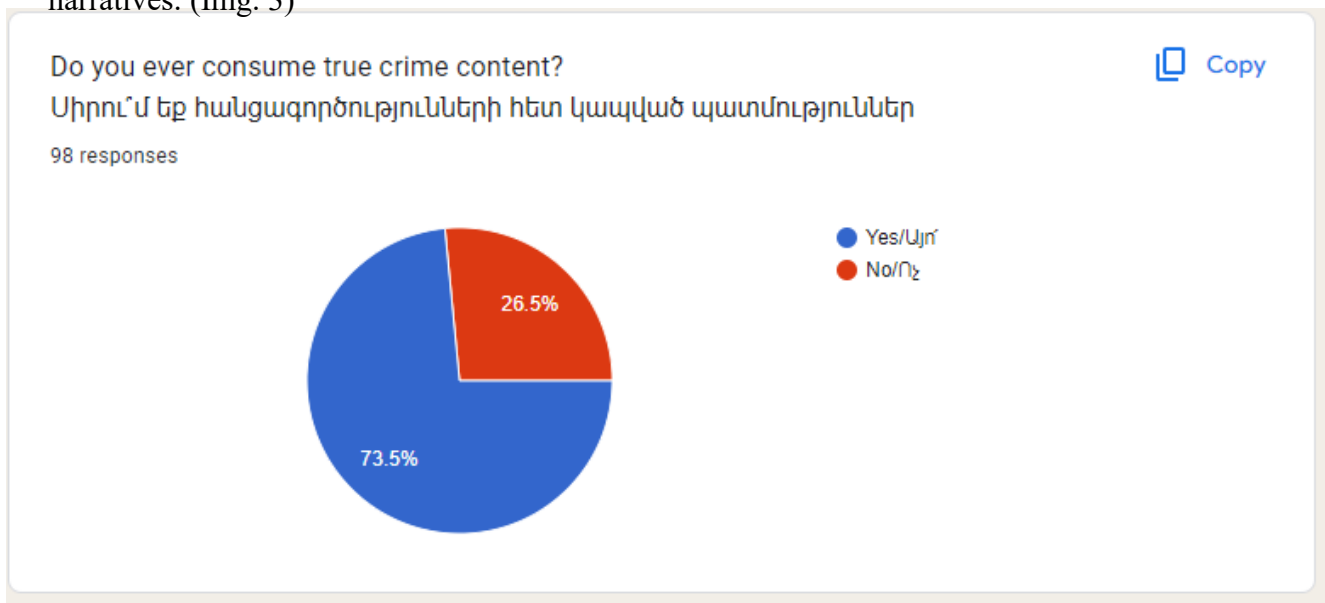
Img. 1

The participants' gender was almost evenly distributed, as 52.1% were women, and the remaining 47.9% were men. It is as essential to evenly distribute the genders as the survey was intended to give answers for both males and females. (Img. 2)



Img. 2

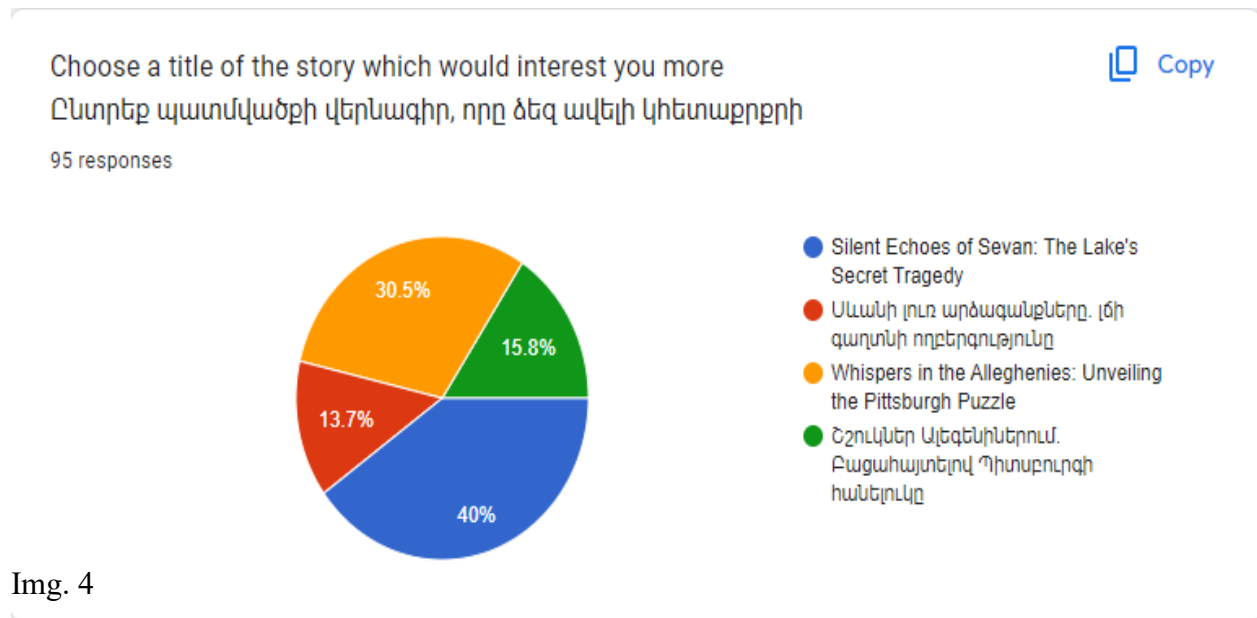
The next question determines whether participants are interested in watching true crime media. 72 people answered that they were interested in true crime media, while the remaining 26 were not as interested and answered "no." The percentage of people who agreed that they are interested in true crime is considerably higher, which once again proved that true crime media popularity is true. Most people are interested in the exploration of authentic crime narratives. (Img. 3)



Img. 3

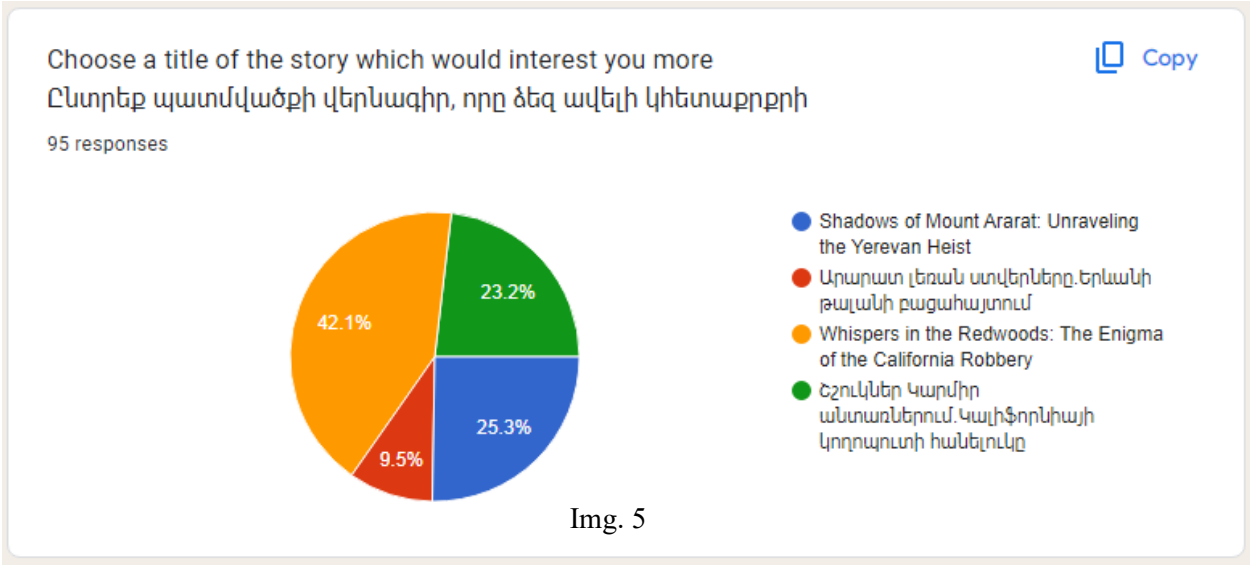
Next, two main parts of the survey gave choices to the participants; they could choose one particular headline of a story or the other. The trick is that one story tells about their local true crime, and the other is about another country. Moreover, every story has an image that represents the story's context. The first headline is "Silent Echoes of Sevan: The Lake's Secret Tragedy," With Sevan being the largest lake in Armenia and the most famous sight for Armenian people, it was chosen to include its name in the story. Adding the word "secret" was important,

as it gave a mystery to the topic and was an excellent addition to it. The following headline was "Whispers in the Alleghenies: Unveiling the Pittsburgh Puzzle", which was about Pittsburgh, so Armenian people would understand that the story is not local to them. Interestingly, 53.7% of participants chose the story about their local incident, while 46.3% chose the story about Pittsburgh. (Img. 4)

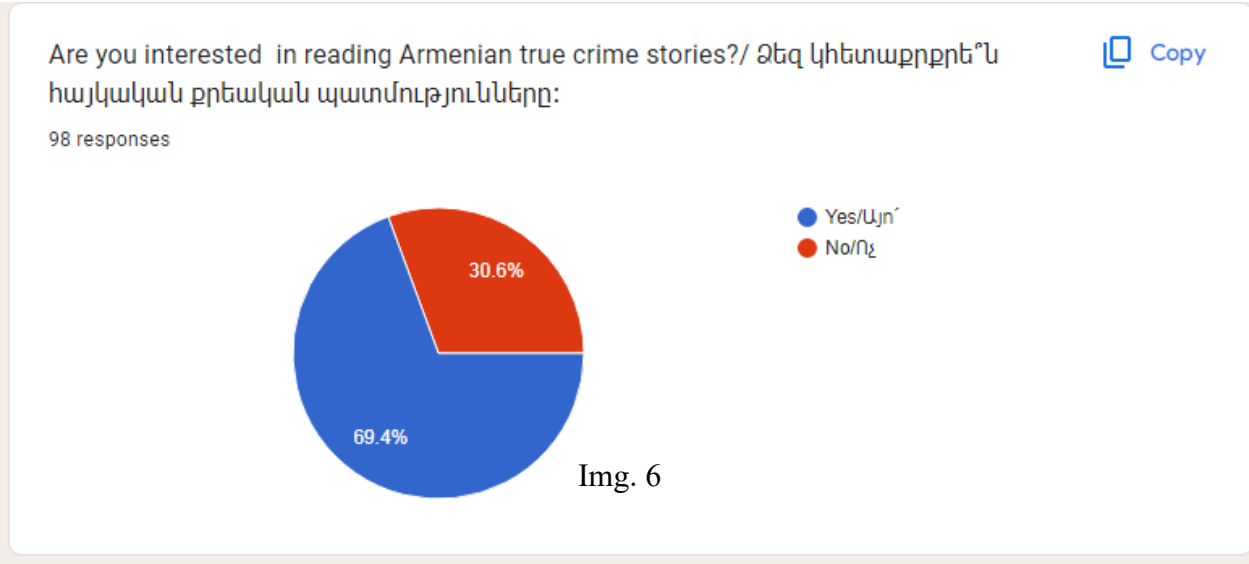


Img. 4

The next question was similar to the first one; however, it had different story headlines. This question once again determines whether the viewer would prefer local true crime stories or not. The first headline, "Shadows of Mount Ararat: Unraveling the Yerevan Heist," has gained over 34% of the participant's points, while the non-local story titled "Whispers in the Redwoods: The Enigma of the California Robbery has gained over 65% of voices.(Img. 5)



In the next question, the participants answered whether they would be interested in local true crime stories, and the answer was quite interesting. Over 69% of the participants are interested in true crime stories in Armenia, which is an impressive number, considering that there are almost no true crime stories in Armenian media. (Img. 6)



The last question of the survey was open-ended, and the participants answered the question of why they would be interested or non-interested in Armenian true crime media. The answers to these questions have given an understanding of why different people are overall interested in true crime and what they seek to find in the stories. One participant answered, "Yes, because I never

had a chance to read or watch crime stories in Armenia or about Armenia, yet there are tons of stories from different countries, especially from the US," which is true, as Armenian true crime stories are never discussed in media. Another answer was, "True crime stories can provide a window into the cultural and societal dynamics of Armenia, shedding light on historical events and social issues." which shows that true crime stories are not there only to entertain but also may serve as a tremendous informative source about the culture of a certain country. Some of the similar answers include, "There is not enough light spread on Armenian crimes. It needs to be unveiled because we also need to be informed more", "Armenia has never been the center of crimes, but I believe there might be good ones who weren't covered yet," "Never came across any. Sounds like really intriguing content." These answers again show that people are more than intrigued by the true crime stories in their local country, especially when almost no accurate crime content has been shown.

## Video Reflection and Context

The video guide "Unveiling the Psychology of True Crime " targets audiences who prefer using true crime media as entertainment. While consuming true crime media, there are various consequences and effects that people usually tend to overlook, as the press is intriguing to them. Looking into the psychology of people's motivations behind attraction to true crime, it became evident that different people watch true crime for various reasons, and depending on the reasons people watch it, there are several ways to make the consumption of such media harmless. The video provides the historical background of true crime media, showing how it gained popularity and what types of true crime media exist. After, it goes deeper into the psychology of accurate crime media consumption, offering different ways to make it a healthy entertainment method and not the other way around.

The video consists of four main sections; the first section's title is "The Allure of True Crime," it explores psychological theories such as morbid curiosity, voyeurism, and fear arousal. Expert interviews will also be a part of this section so that psychology experts can explain the topic more deeply. The second section focuses on the "Psychological Motivations" of people's attraction to true crime media, featuring brain scans or psychological experiments illustrating the effects of accurate crime consumption. It also discusses the role of empathy and identification with victims or perpetrators. The section also examines societal factors shaping the interest in true crime, including media sensationalism and desensitization. The third section, "Protecting Your Mental Health" dives deep into responsible consumption and self-care strategies in navigating true crime media. It also includes Interviews with psychologists discussing the potential adverse effects of excessive, accurate crime consumption. The fourth and final section, "Constructive Engagement with True Crime," examines the potential benefits of engaging with accurate crime content, such as increased awareness of social issues or improved critical thinking skills. Finally, it provides Strategies for mindful consumption, including setting boundaries and seeking support when needed. The Conclusion summarizes all the information in short form so that the viewer will remember the knowledge they gained from watching the clip.

The academic contribution of the video lies in its innovative approach to investigating and delivering information about accurate crime media consumption, as well as its best strategies.

The video blends scholarly insights with visual storytelling techniques, and it offers a compelling and accessible exploration of complex psychological concepts, reaching a broader audience beyond traditional academic circles. The video advances the knowledge in psychology, criminology, sociology, and media studies by providing compelling insights into the subjects and delivering the information using visual storytelling. Ultimately, the video is a valuable resource

for researchers and the general public, fostering informed discussions and promoting ethical engagement with true crime media. The clip fills the notable gap in the literature by serving as a guide on how to consume true crime media in a healthy, effective way. It shows the strategies of accurate crime media consumption while providing valuable insights into criminology.

True crime was chosen as the topic of the video because it has been gaining popularity over the last ten years. With the development of social media and other platforms, it has become more and more accessible to the public. The more the public engages with true crime media, the more it becomes easy to overconsume it by harming one's mental health. So, the clip will help people understand the limits of accurate crime media consumption and how to avoid any mistakes while engaging in such a controversial means of entertainment. Moreover, exploring the psychological motivations behind people's attraction to true crime media will provide more insights into the society of the current world and what interests them the most. In this case, it will serve as an informative piece of media that will help people understand why they are interested in the type of media called true crime and what gaps it fills in their psychology.

The video production process was exciting and informative at the same time. Having prior experience in producing short films, it was a challenge to produce a clip that was more academic and informative to the audience. Still, using my skills in short film production, I could easily understand which shots were best to connect and which parts would give the audience the needed emotions. It was important for the viewer to keep their interest because the advice and information provided at the end of the video are the most important. So, I used interactive shooting, as I changed locations, outfits, and tone to make it more engaging for the audience. It was also essential to keep the visuals as entertaining as possible, so the visual parts of the video were the most focused on. For instance, whenever I spoke about a particular movie, TV show,

documentary, and so on, there would be imagery that better described the voiced parts in the clip. As keeping the viewer interested till the end was my most important priority, I used imagery and acting. The actors showed the emotional part of the video, as they revealed how one feels while overly consuming true crime media. The scenes were made more potent with the correct editing, such as adding or reducing light, zooming in, showing the sides, and so on. With these parts, I wanted to portray the feeling of being frightened by the stories and how it can affect people in everyday life, such as at home, at university, and so on.

The video starts with an edit of news reporters saying the phrase "true crime" repeatedly, which shows the popularity of true crime in media and how influential it has been in the last several years. Then, the edit also shows several articles and the number of videos and podcasts that are there to portray true crime stories. The beginning of the video shows the popularity of true crime and explains how many people produce it. Another critical aspect of the video is the transitions. Transitions are clips that are tied to each other using a transition effect, which seems to the viewer like a whole video part, shot from different angles. The transitions are generally there to make any clip more engaging, as people begin to feel like they are standing next to the person telling them the story. The selection of imagery which is in the video was a rather challenging part. The imagery must contain the needed information without overloading the viewer with unnecessary data. For instance, the brain scan imagery was chosen from a scholarly article cited at the end of the video. However, a person unfamiliar with the brain's biological parts would need help understanding what the images portray. That is why a decision was made to include small texts explaining the pictures so that the viewer will keep an interest in the video without being overwhelmed with information. Another challenge was the music and the voice effects. There were two ways to edit the video's music: to have one full melody play all along or to

include several melodies and connect those with every part of the video to illustrate the emotional state vividly. The decision was made to select the second option, as it would provide more depth to the video. Towards the middle of the video are the interviews of psychologists, which help better explain the psychology behind people's attraction to true crime. The expert view will add authority to the opinions in the video and persuade the viewer even further to believe in the arguments presented in the clip.

Overall, the clip, with the help of imagery, visuals, editing, transitions, music, right-chosen shots, and so on, uses the three main techniques of persuasion, which are ethos, logos, and pathos. Every mentioned part uses particular techniques to appeal to emotions, logic, and authority with little or no use of any logical fallacies. For me, the most important outcome of the video was that people who watch true crime would use the advice to not let the media affect their mental health detrimentally. The video serves as a guide to help people better understand themselves and how the particular entertainment method affects them. Just like any other content, the video has its strengths and weaknesses. After shooting and editing the video material, I began to analyze the weak and strong parts in order to evaluate the content and move further with a better understanding of how video production works. After evaluation, it was evident that the stronger editing such as various imagery, the use of camera angle and the creation of more gloomy atmosphere would provide a better experience for the viewer. Even though the editing successfully conveyed the meaning of every clip and appealed to the right emotions, more professional editing would still bring more people's interest in the content. Meanwhile, the most crucial strength of the video is the content itself. The information in the video is light and straightforward to understand; as it's followed with the imagery and acting clips, it becomes even more accessible to accept the argument and take the information provided as the truth. The

advice section is the most essential part of the video, and it's conveyed most simply so that people not only take the information for granted but also the words resonate with them. Overall, visual storytelling helped describe a complex psychological subject and make it understandable even for younger viewers.

It's also essential to discuss the contribution that the video has to the topic of the psychology of true crime and the effect it has on its audience. The video was initially created to guide users who are attracted to true crime media. As for the social media platforms, I tried to find any particular videos that would guide people who watch crime; the decision was made to create one to fill the research gap. The video has the potential to raise awareness about the impact that true crime media can have on a person's mental health. Moreover, the video presents ways to avoid detrimental effects. Using the tools and techniques in the video, it will be easier for viewers to limit their accurate crime consumption, take breaks, and understand on a deeper level how the entertainment method affects them as human beings. The video has two potential effects: raising awareness about the issue and serving as a guide to the viewers.

## Conclusion and Analysis

The methodology used in the paper is rich and comprehensive, using a mixed-method approach to address the research question in the most effective way. Through the literature review, the paper analyzes the history of true crime and the psychological motivations of people's attraction to the true crime media.

The subsequent survey design is informed not only by this background study but also by the literature review, which improves the performance of survey results. The survey among Armenian participants offers valuable insights into their preferences regarding true crime media

content. Through the examination of age and gender differences as well as participants' preferences for local versus non-local true crime stories, the survey gives insight into the nuances of true crime content consumption within a particular culture. The open-ended question at the end of the story allows participants to express their opinions about local true crime media and informs the reader more about the preferences of the Armenian people. Overall,, the survey has shows that people are mostly interested in true crime media. Moreover, both the open-ended question and the local versus non-local media questions have shown that people mostly prefer to watch stories within their cultural context, especially when it's not shown on media and people never could watch or review them. Moreover, the results show that the headline of a story is as important as the context, and by making an intriguing headline, a storyteller will gain more interest in the story from the viewers. As the survey results have shown that people are interested in true crime and consuming it is becoming increasingly popular, the survey has helped video creation and production, as it once again proves the need to educate people on mindful consumption of true crime.

The methodology's creative and captivating video production section offers viewers a visual roadmap to help them understand the psychological intricacies of consuming true crime content. The study adds to a better knowledge of this well-liked but frequently disregarded kind of entertainment by bringing attention to the effects of true crime media on mental health and offering helpful tips for attentive viewing. The methodology used in this work offers a thorough framework for examining and resolving the complexity of actual crime consumption, significantly adding to the body of knowledge already available in media studies, criminology, and psychology.

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