

Kids Say They Can Get High By Listening To Music



Reporting

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DALLAS (CBS 11 / TXA 21) —

Some teenagers say they're getting high without actually doing drugs, just by listening to some music. Sounds harmless, right? But, experts say it's not as safe as you might think.

Music can take you places. It can move you and change your state of mind. "That's why we listen to music," said Dr. Bryon Adinoff, psychiatrist at [UT Southwestern Medical Center](#). "It [music] makes us feel different things. It makes us feel happy or sad."

But, can music or tones get you high? That's the idea behind a new downloadable craze called iDosing. Creators of the so-called digital drugs say by listening to certain tones and beats, listeners can trick their brain into thinking they're high on things like heroin, alcohol, or LSD, without actually taking the real drug.

A quick search on YouTube pulled up dozens of videos of people, many of them children, iDosing. Some of the videos end in almost violent reactions. But Dr. Adinoff says iDosing is nothing more than a placebo effect. "When you tell somebody they're going to experience something, they will," he said. "Placebo effects are very, very powerful."

On one iDosing website, that claims its tones can "powerfully alter your mood," user after user claims it really works. "To relate that to the use of marijuana, or alcohol, or ecstasy, or heroin, there's no evidence that I know that there's a connection between those," said Dr. Adinoff.

CBS 11 News decided to put iDosing to a test. We asked five co-workers to listen in and they weren't told beforehand what they were going to hear. Three of the participants listened to iDose music and the other two listened to "electronica music" from YouTube that claimed to offer the same effect.

After the recommended 35 minutes, none of our participants felt different. When one person was asked if listening to the music changed their state of the employee replied, "Nope."

"I know how it feels to have a couple beers," said another. "I know how it feels to have 20 beers, and I didn't feel anywhere in between that before or after."

Another employee was asked if the music or tones they heard impacted them in any way. "It just kind of relaxed me," the woman answered.

Lois Jordan is a drug addiction expert and creator of Solutions Outpatient Services in Dallas. According to her, whether iDosing really works or not isn't the issue, it's more about why kids are doing it in the first place. "They don't need to spend their time having a crusade against the iDosing," Jordan said of those against it. "What they

need to do is spend more time getting these young people some help."

Jordan worries that after repeated use iDosing may lead the user down a more dangerous path. "What'll happen is, they'll build up a tolerance and what used to be euphoric, won't," Jordan said. "So, at some point, they're going to start doing some other things."

Jordan says there are certain ways to talk to children if it's suspected they're using something like iDosing, or actual drugs or alcohol. For starters, don't go into attack-mode when beginning a conversation. Doing so will cause the child to shut down and not talk. Attacking their actions will also force them to withdraw.

Jordan suggests asking them about their feelings and trying to appeal to them on an emotional level. Let the child know how their drug use affects you and the family emotionally.

For more on drug addictions and recovery, [click here to visit the Solutions Outpatient Services Dallas website](#).

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