

1 - You will watch a video: listen carefully, complete part of the conversation, and check your answers watching the video again.

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Sam - OK, I'll have the _____ later in the programme. But first, more about sad songs. Professor David Huron from Ohio State University has conducted _____ in this area and he discussed it _____ on a BBC World Service radio programme - The Why Factor. He was _____ why some people like sad music and other people really don't like it at all, as he says they just can't stand it. He believes it's to do with a hormone. A hormone is a natural chemical in our bodies which can have an _____ various systems and also emotions. Listen out for the name of the hormone he mentions.

Professor Huron - One of the things that we were _____ was 'what's the difference between people who listen to sad music and who love it, and people who _____ sad music and who just can't stand it'. In our research, it started pointing towards a hormone called prolactin. Now, prolactin, as you might have guessed from the name, is associated with 'lactation' from breast-feeding. When people cry, they also release prolactin. And, there are circumstances in which prolactin seems to have this comforting effect.

Sam - So which hormone did he mention?

Neil - He _____ the hormone called prolactin which he said was _____ lactation. This is the production of milk by mammals to feed their young.

Sam - What he noted was that this hormone can be released when people cry and in some cases this hormone has a comforting effect. When something is comforting, it makes you feel better, it calms your emotions. Let's listen again.

Professor Huron - One of the things that we were interested in was 'what's the difference between people who listen to sad music and who love it, and people who listen to sad music and who just can't stand it. In our research, it started pointing towards a hormone called prolactin. Now, prolactin, as you might have guessed from the name, is associated with 'lactation' from breast-feeding. When people cry, they also release prolactin. And, there are circumstances in which prolactin _____ have this comforting effect.

Sam - So, what conclusions did he make about this hormone and how it might be working? Professor Huron explains.

Professor Huron - So the thought was that, perhaps what's going on is that the people who are enjoying listening to sad music are receiving some sort of excess of prolactin, and people who are listening to sad music and they just find it incredibly sad and unhelpful and they just don't want to listen to it, maybe they're not getting enough prolactin when they listen to the music ...

Open questions

1. How do you feel when listening to music?

Explain: _____
_____.

2. What kind of music makes you feel better? Why?

Explain: _____
_____.

3. What activity makes you happy?

Explain: _____
_____.

4. What do you do when you are sad?

Explain: _____
_____.

5. What would you tell a person that is crying?

Explain: _____
_____.