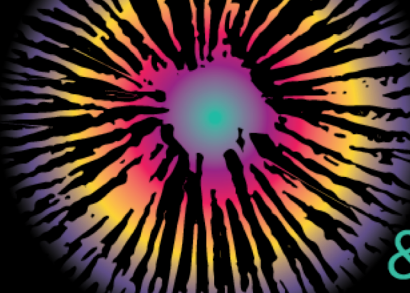


Consciousness



& Psychedelics Conference

Microdosing Psychedelics

Sophia Korb, PhD

Jim Fadiman, PhD



Who am I?

- History of microdosing as a concept
- Jim Fadiman
- “X-Files” dynamic

Research Design

Research vs Search

Research design

The ideal(?):

Randomized controlled trial



The real:

- Iterative process with participant involvement and ownership
- Stigmatized population and activity
- 30 variables, validated as we went
- $n = 1852$ (number of participants)
- Control group is around 10% active group
- $k > 4,000$ (number of daily entries)

Ethical concerns and limitations

Risk on the part of participants, which present a set of ethical issues:

- untested, illicit substances - not through the protective procedures of FDA approval
- not an official trial - no protection from governmental authorities
- People willing to participate in this sort of self study may be vulnerable, having tried anything

These risks circumscribe the use of the study:

- Not a RCT - not blinded
- Placebo concerns are amplified
- Selection bias
- Increased fear/uncertainty due to illicit nature

Mitigation of risk/harm

Careful reading of literature, erowid, bluesight and reddit to consider possible risks and harms to subgroups

Collaboration with participants' physicians

Reagent testing

Explicit statements about risks and possible harms

Tor and anonymization

The ways we mitigate risk also affect reward.

- Unblinding
- Ongoing communication - adverse effects and events
- Selection bias
- Flexible changing of the dosing regimen

Exceptional Cases

Curious Cases and Microdosing

Six Designated Follow-up Groups

Who do we especially want to hear from?

- Paralysis
- Bipolar
- Menstrual issues and perimenopause
- Stroke and Traumatic Brain Injury
- Migraine and cluster headaches
- Catch-basket diagnoses

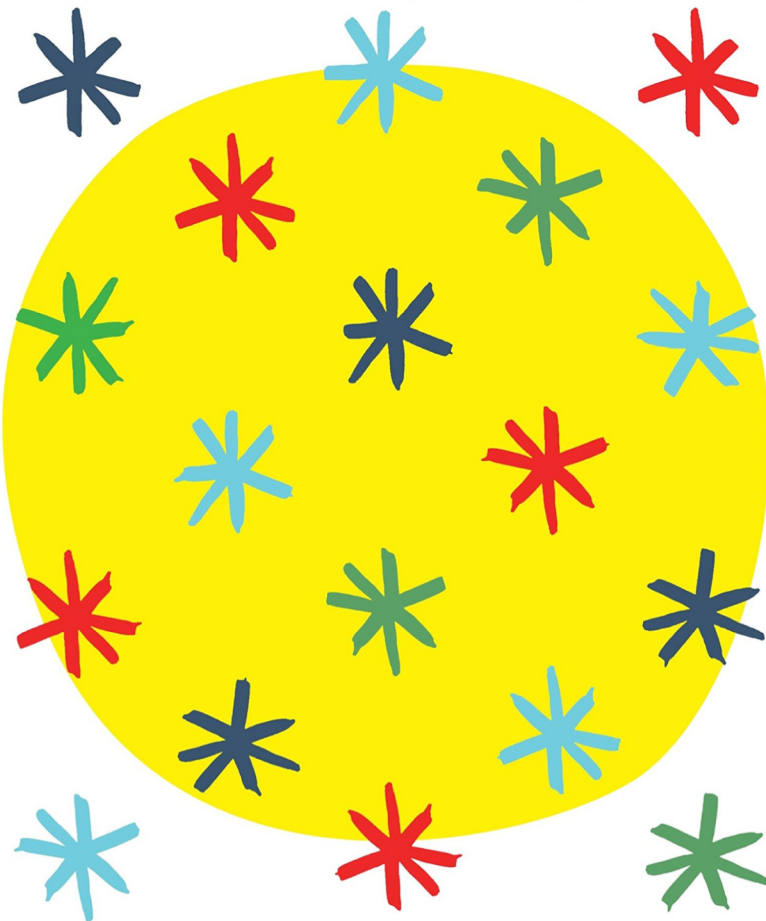


Traumatic Brain Injury

“The primary difference I notice is that curiosity outweighed fear: difficult problems were easy to start. I didn’t mind making a mess in order to find and examine solutions. I was eager to get into something and just see where it went, but also able to clearly form paths in my mind (or on paper) for possible implementations.”

Ayelet
Waldman | A Really
Good Day

How Microdosing Made a Mega Difference
in My Mood, My Marriage, and My Life



Catch-basket diagnoses

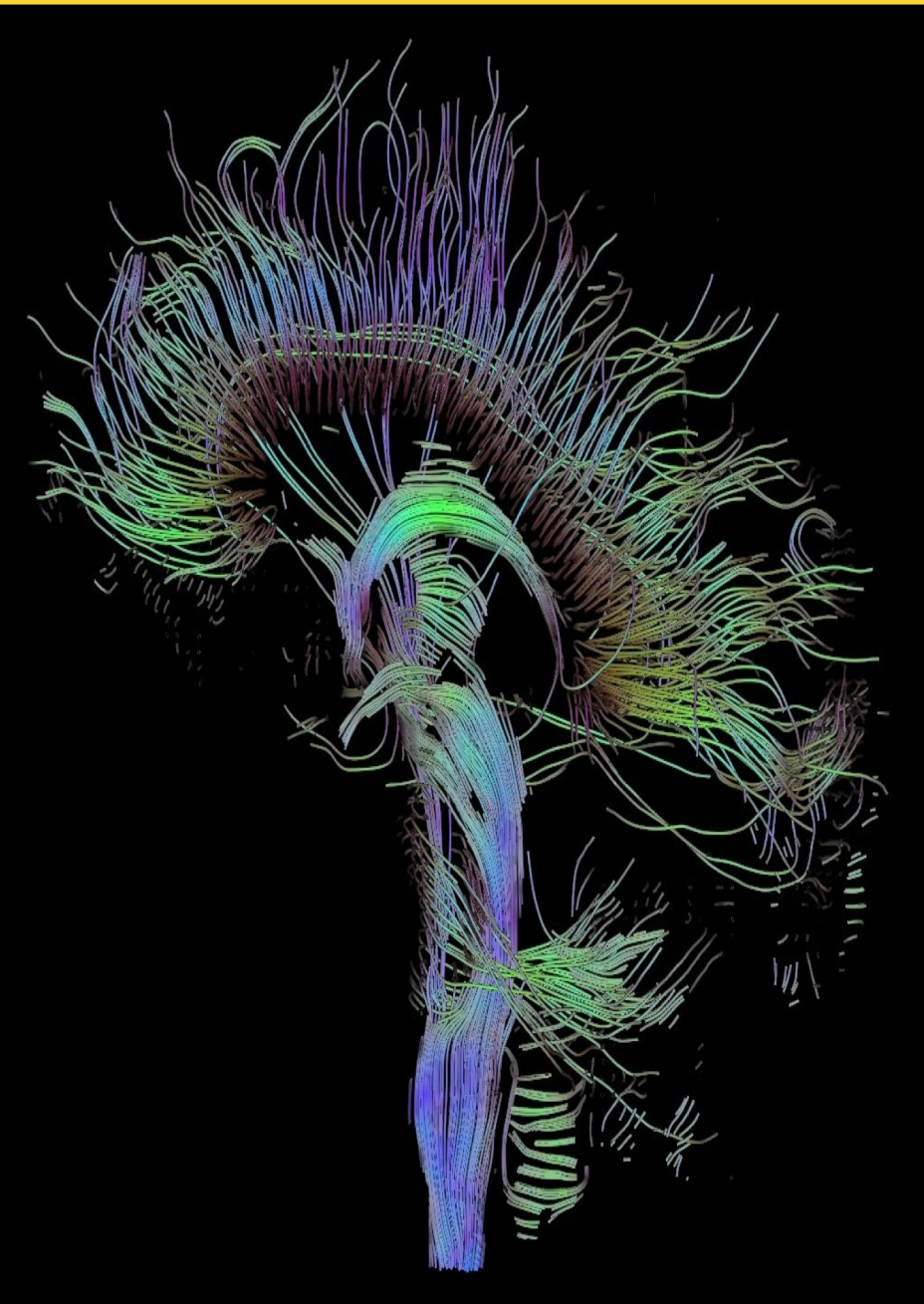
Lyme disease

Chronic Fatigue Syndrome

Toxic Mold Exposure

Electromagnetic Sensitivity

“Microdosing makes me feel connected to everyone around me. My symptoms are lessened and I can pay more attention to what’s going on around me, connecting to my son and husband. Thank you so much for bringing this medicine to my life”



Bipolar

“The way I do my job has changed quite a lot. Earlier I used to be overly focussed, losing myself in my screen and in thoughts for hours and hours. It's hard to describe and even harder to find an explanation for how easily I get things done now. It's like I get more work done at a higher quality while taking less effort. I have mental clarity, and I am able to more easily take a few steps back and adjust the right things. Another part is my improved social and communication skills. This helps me match the right people to get work done I'd previously do myself.

Emotionally I'm more balanced, no more depressed episodes, I actually feel blissful most of the time. My creativity has heightened and I'm writing more because I'm no longer tired after work.”

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Gratitude to you and all of our participants

Contact us at psychedelicsresearch@gmail.com

www.microdosingpsychedelics.com