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The Effects of Psychedelic Microdosing on Mental Health: A Systematic Review

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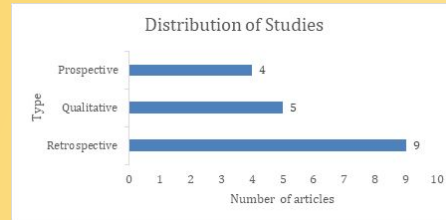
Abstract

- Psychedelic microdosing is taking small doses of substances such as LSD or psilocybin
- Studies have explored the impact of microdosing on mental health conditions
- Those facing mental health challenges have turned to psychedelic microdosing to improve their mental health
- Benefits and drawbacks of microdosing explored

Introduction

- Mental health is a growing concern around the country
- The United States has roughly 5.5 million users of psychedelics
- The most common drugs include LSD and psilocybin but others such as mescaline, DMT, and amphetamines are also used
- Despite growing popularity, there are limited studies on the effects of psychedelic microdosing on mental health

Study Distribution

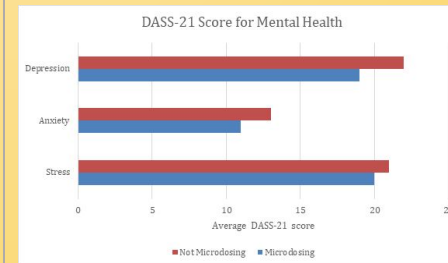


Methodology

- 42 articles (24 from PubMed and 18 from Scopus) observed
- After screening for duplicates and relevancy, 16 articles were included for the final review
- Overall key terms were based on concepts such as “psychedelics,” “microdosing,” and “mental health”
- Different types of research articles such as observational, placebo, self-reported, motivational, and comparative studies, as well as one literature review were included
- English written and translated papers were included
- No limitations placed on types of studies

Results

- According to one study, those who microdosed demonstrated lower levels of anxiety, depression, and stress compared to those who did not microdose
- The primary motivations for microdosing was to improve mental health, personal development and cognitive enhancement
- Benefits included increased productivity, mood, and concentration as well as decreased levels of anxiety
- An overall improvement in the well being of those who microdosed was observed
- Drawbacks of microdosing included difficulty sleeping and headaches



Discussion

- Microdosing noted to treat mental health issues among new and experienced microdosers as well as cancer patients
- Despite some limitations being noted when observing the conclusions of the studies done, a correlation between improved mental health and psychedelics was established

Conclusion

- Psychedelic microdosing for mental health is still a novel topic
- Further research that understands the relationship between the two would aid in achieving a greater understanding in the role of this modality for treating mental health concerns
- Future studies that include larger sample sizes as well as double blind studies will contribute to a better understanding of the topic

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