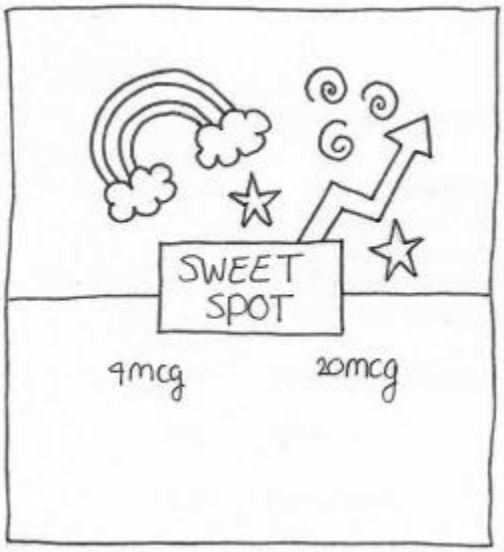
A Graphic Translation of:
Psychedelic Microdosing
-
A Subreddit Analysis

Julia Geirnaerdt

j.m.a.geirnaerdt@tilburguniversity.edu



Original Paper:

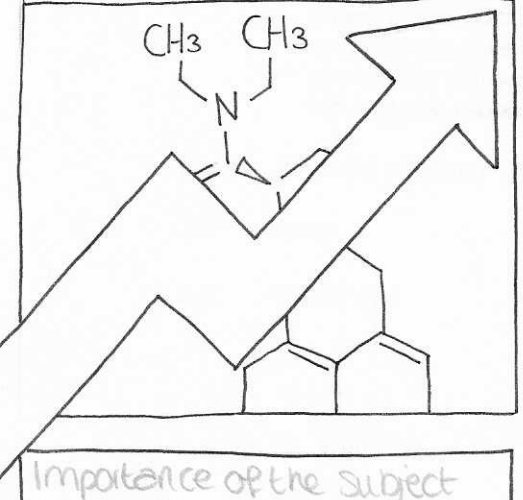
Lea T, Amada N, Jungaberle H. Psychedelic Microdosing: A Subreddit Analysis. J Psychoactive Drugs. 2020 Apr-Jun;52(2):101-112. doi: 10.1080/02791072.2019.1683260. Epub 2019 Oct 24. PMID: 31648596.

https://pubmed.ncbi.nlm.nih.gov/31648596/

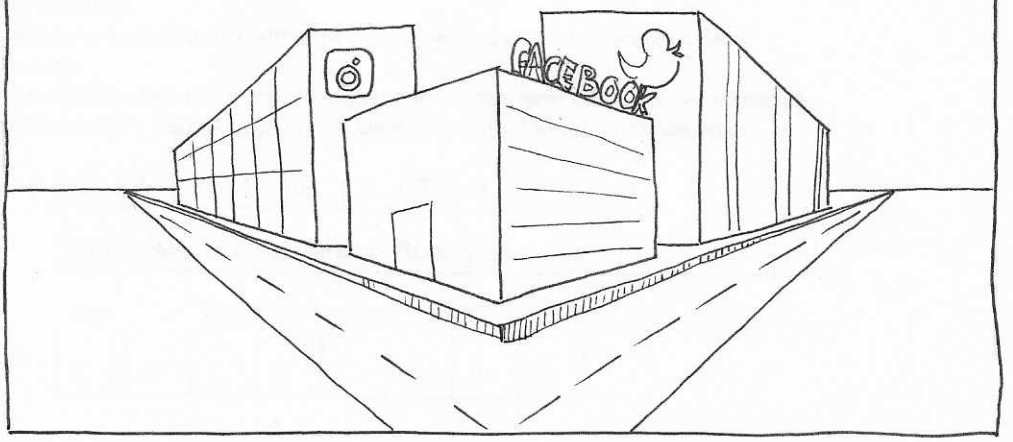
Project created for the class:
Visual Thinking and Composition, Fall 2021
Tilburg University, Department of Communication and Cognition

Instructor: Neil Cohn, neilcohn@visuallanguagelab.com, www.visuallanguagelab.com

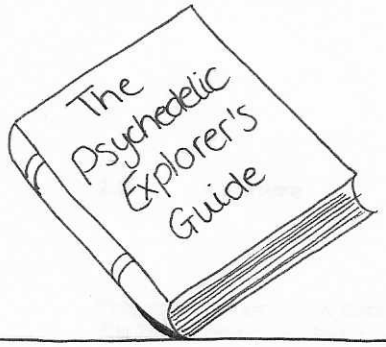
There is a growing interest in microdosing psychedelic drugs to enhance mood, creativity and mental health



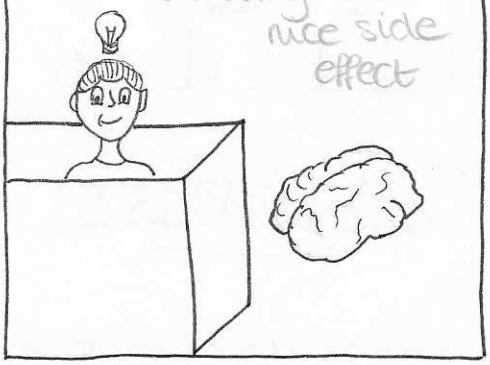
To enhance cognitive-performance, it is a popular workplace trend in Silicon Valley



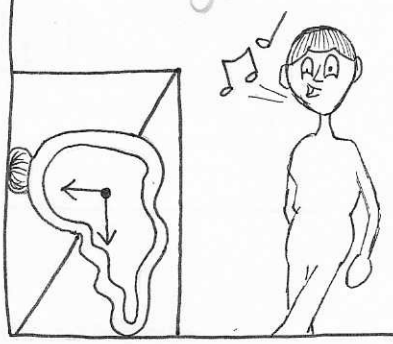
Importance of the subject grew after this book was published

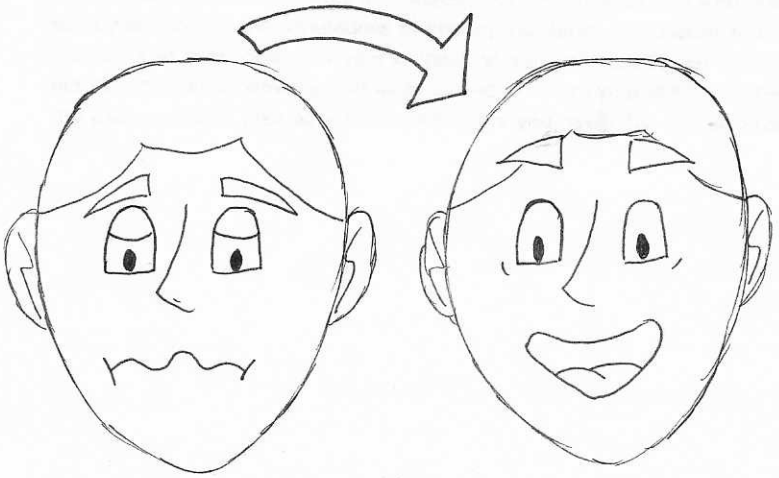


Outside-the-box thinking was a nice side effect

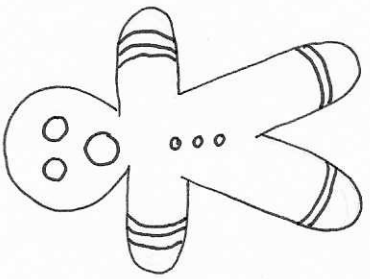


Changes in time perception & improved mood and vigor

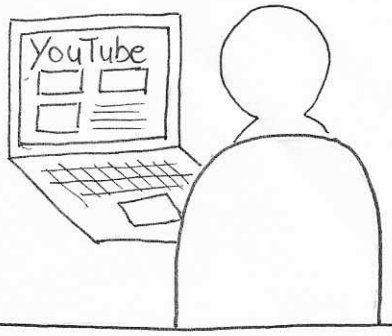




The most commonly reported challenge is unintentionally dosing too high

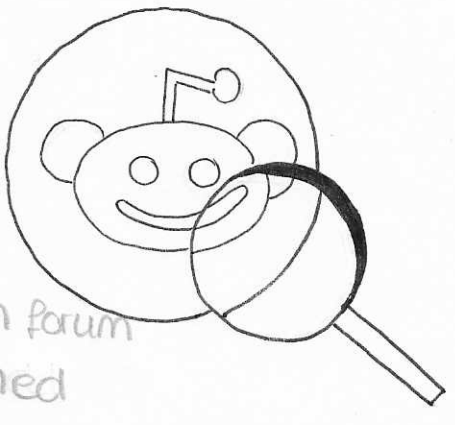


Interested people seek for information about micro-dosing online



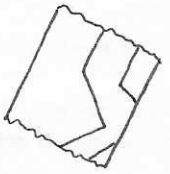
To complement earlier findings, research is needed to provide more insights.

Online discussion forum Reddit is examined



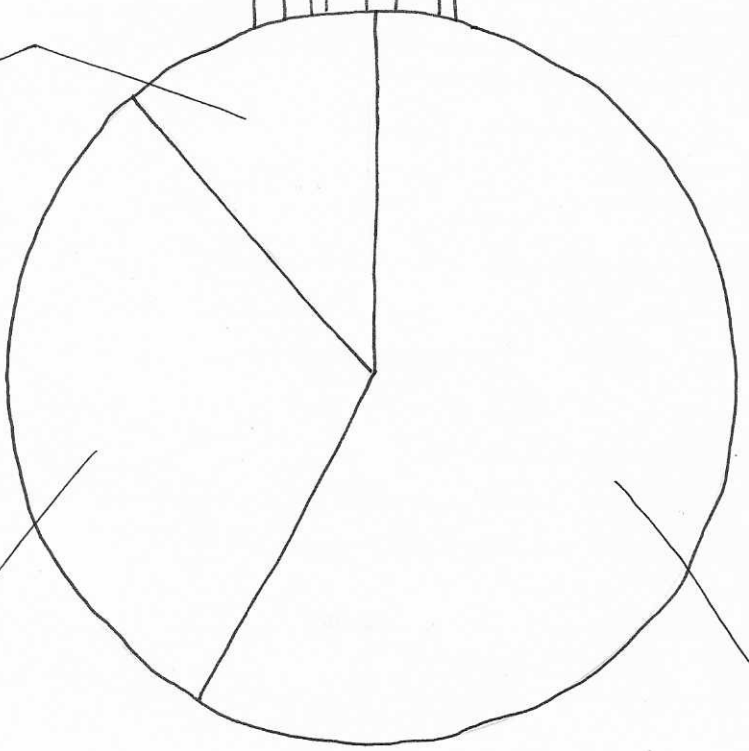
r/Microdosing

On the subreddit Microdosing the comments from people micro-dosing are categorized



Seven major categories

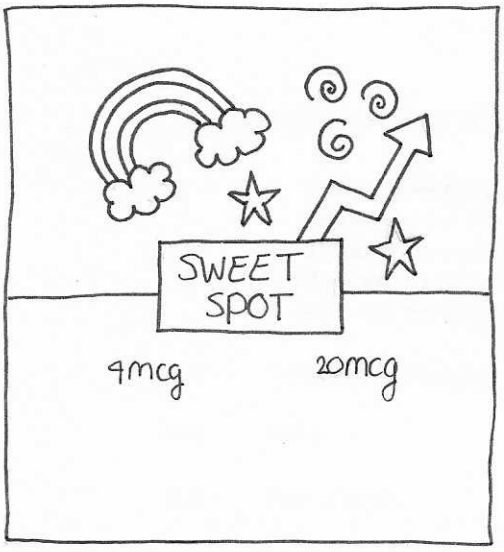
- Benefits and Limitations
- Drug Interactions
- Dosing
- Harm Reduction practices
- Information and Support
- Legal Issues
- Motivations

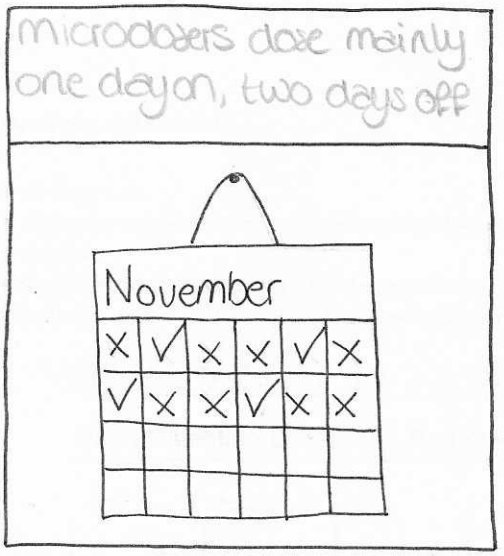


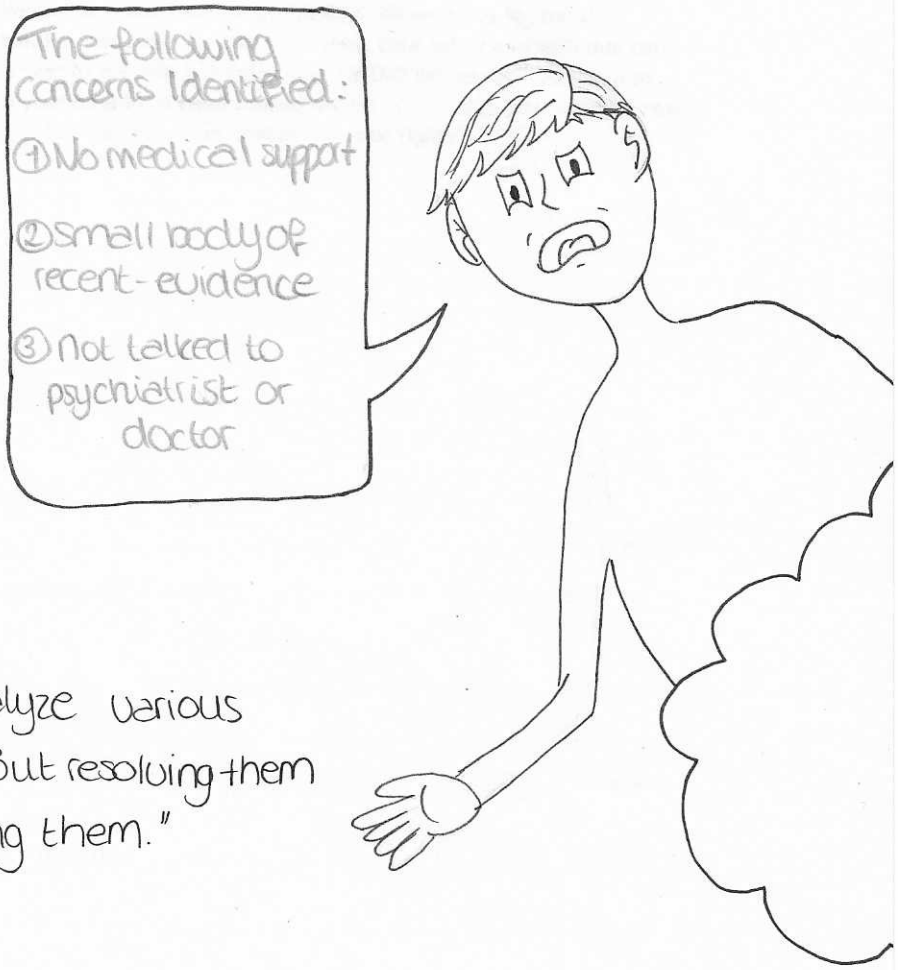
7% was unclear

32% were about to commence or considering it

60% were routinely microdosing at the time of the post







"It's a great tool to help you analyze various problems from new perspectives. But resolving them still comes down to you executing them."

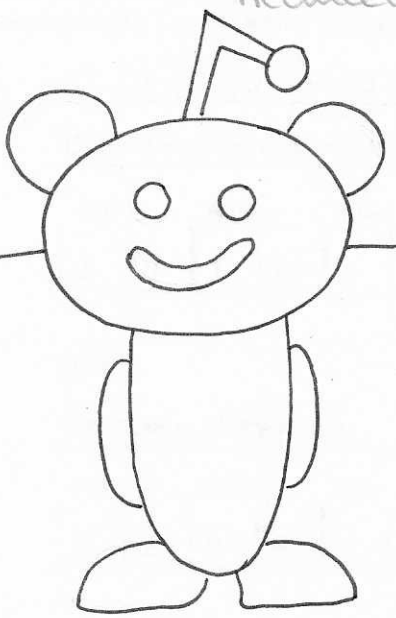
Benefits of Microdosing

Improved social interactions and interpersonal connections

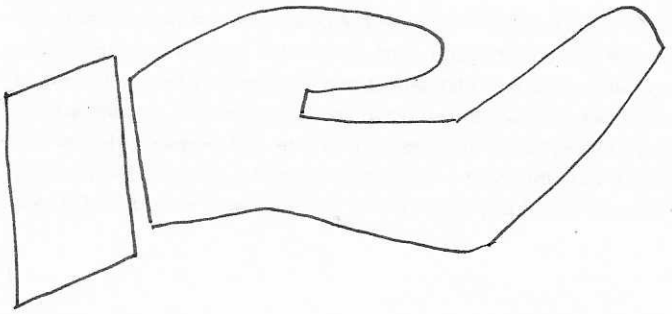
Cognitive and creative enhancement

Reduced depression and anxiety

Enhanced self-insight and mindfulness



Improved habits and health behaviors



Limitations of microdosing

Problems with dosing

Adverse physical effects

Increased anxiety

Taking illegal substances

Unpleasant "off" days

Some posters reporting headache, fatigue, and mild to moderate nausea.

Also cited problems:

- excessive sweating
- dilated pupils
- sleep problems
- strange dreams

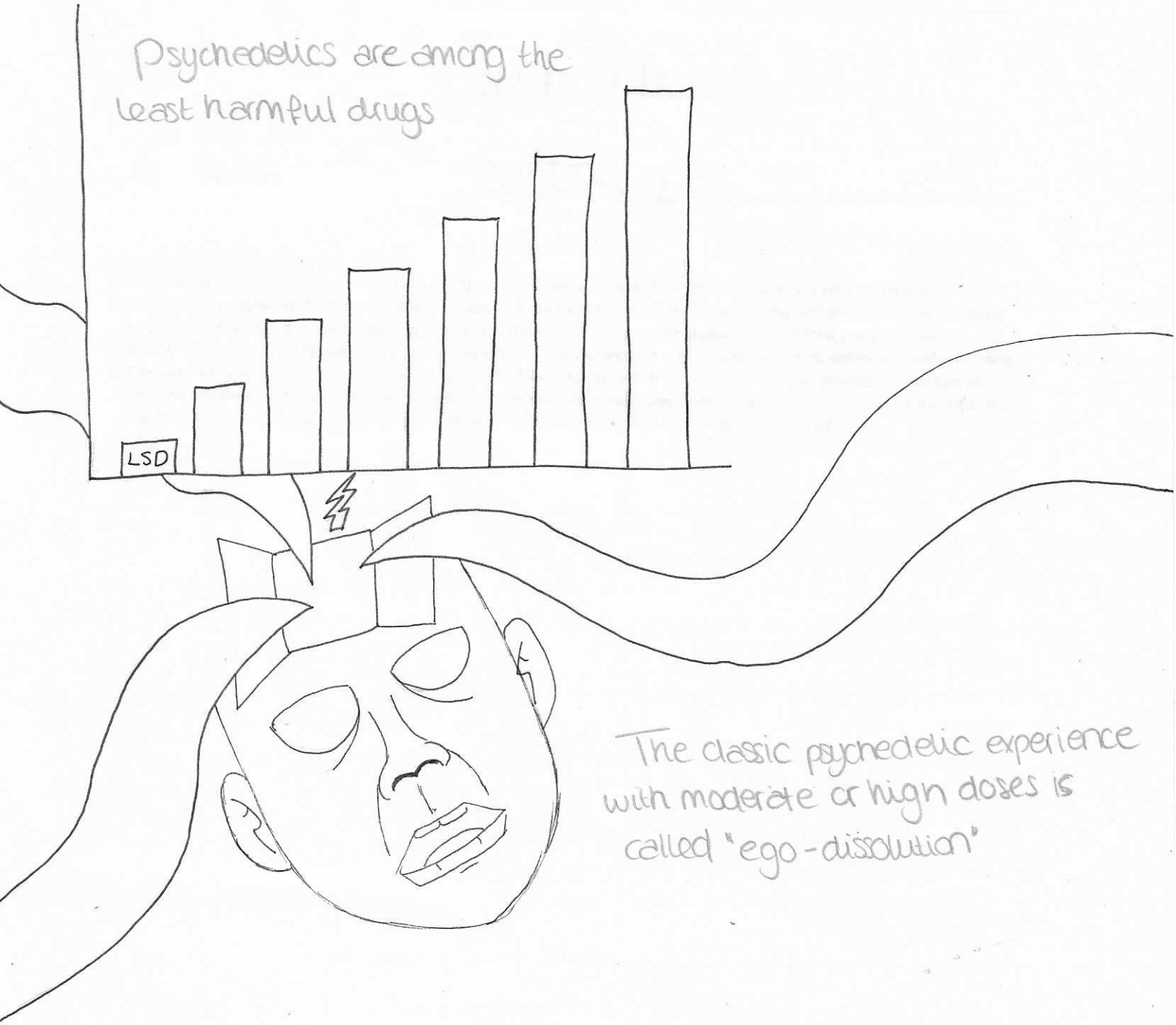
Discussion

Forums a unique setting to use for research

Only a few had discussed interest with their doctor

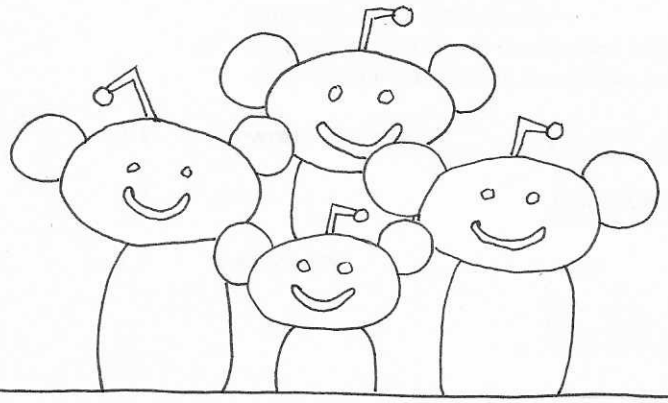
Many avoided doing so because of the illigal status of psychedelics

Psychedelics are among the least harmful drugs

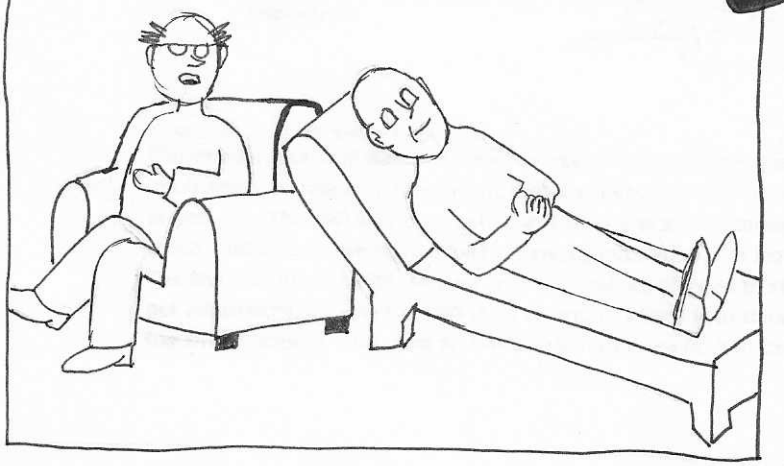


The classic psychedelic experience with moderate or high doses is called "ego-dissolution"

The primary limitation was the biased sample as they were all enthusiastic Reddit microdosers

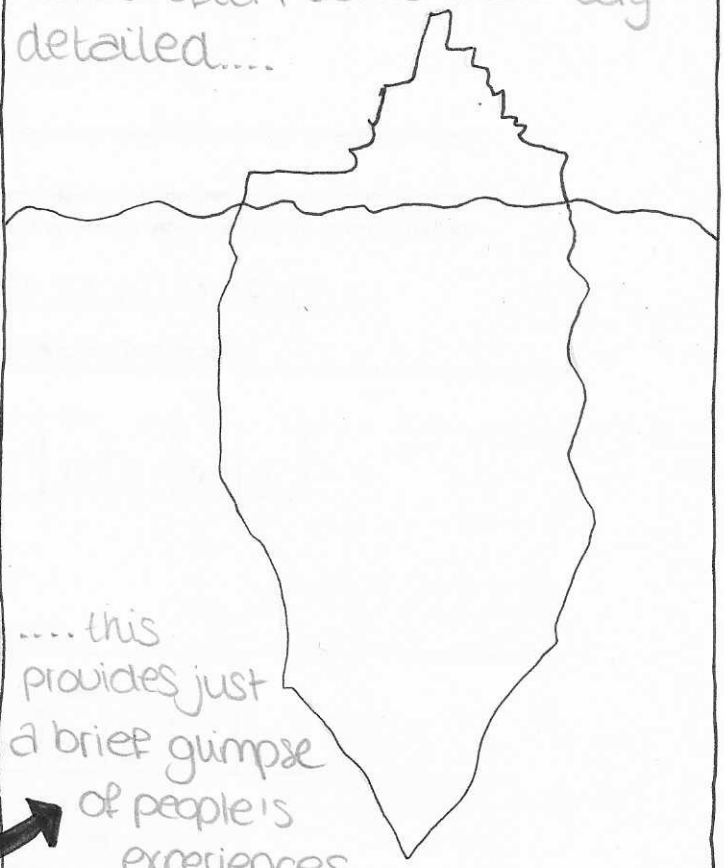


Research in the last decades has shown impressive results and the use of psilocybin is being investigated for medical treatments



Novel resources would be best developed if mental health, harm reduction experts and experience experts work together

While often stories were very detailed....



.... this provides just a brief glimpse of people's experiences

The End