

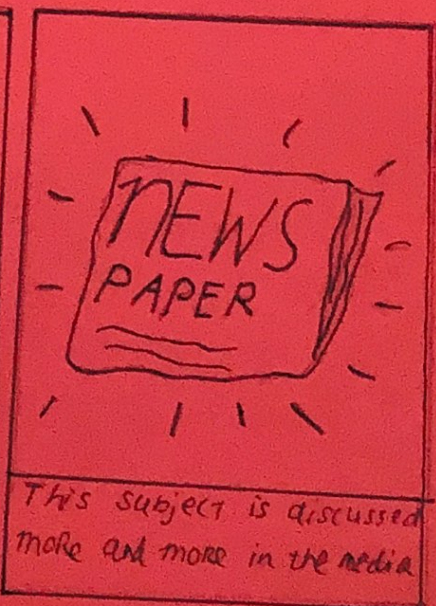
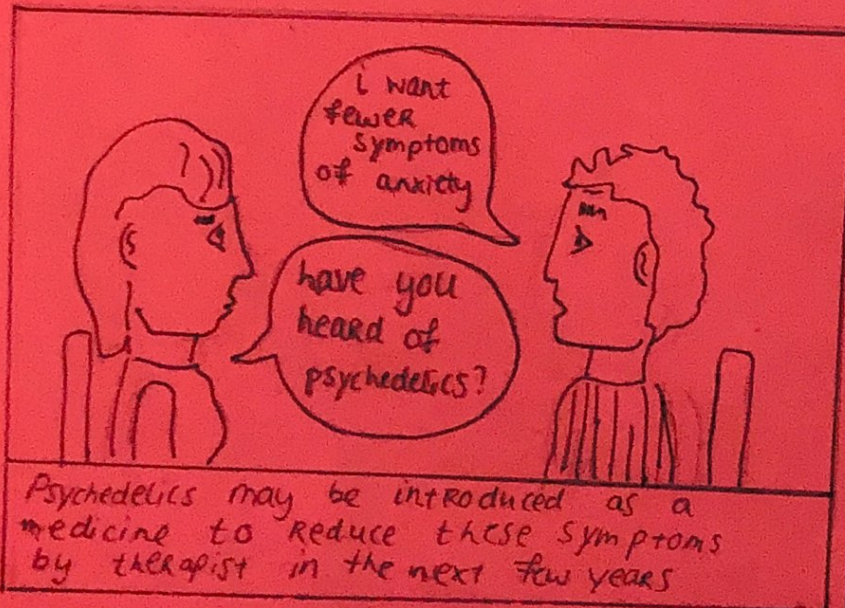
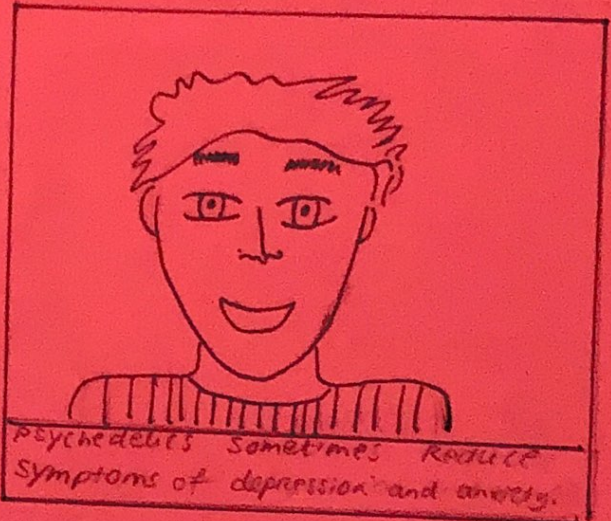
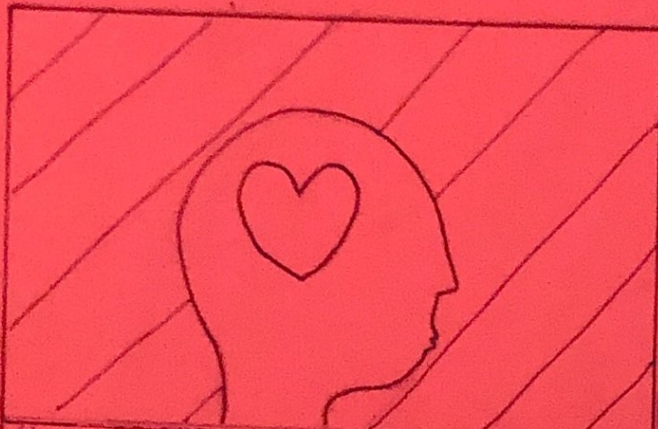
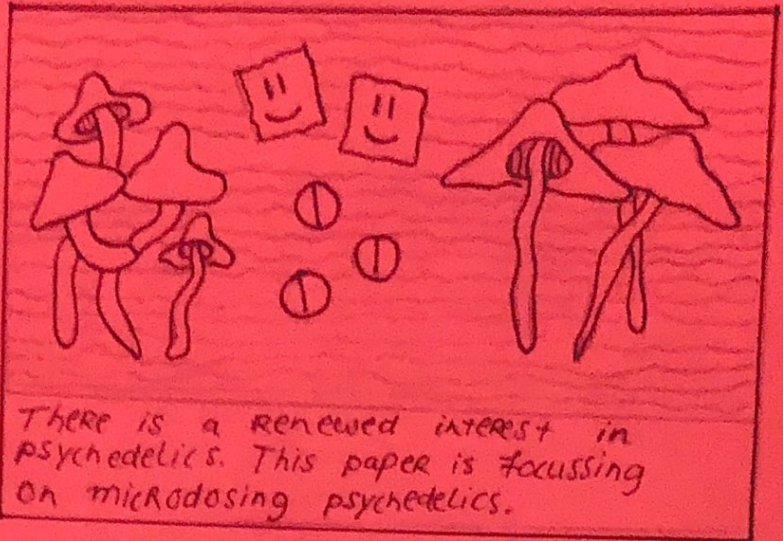
Microdosing

# PSYCHEDELICS

Motivations, subjective effects and harm reduction

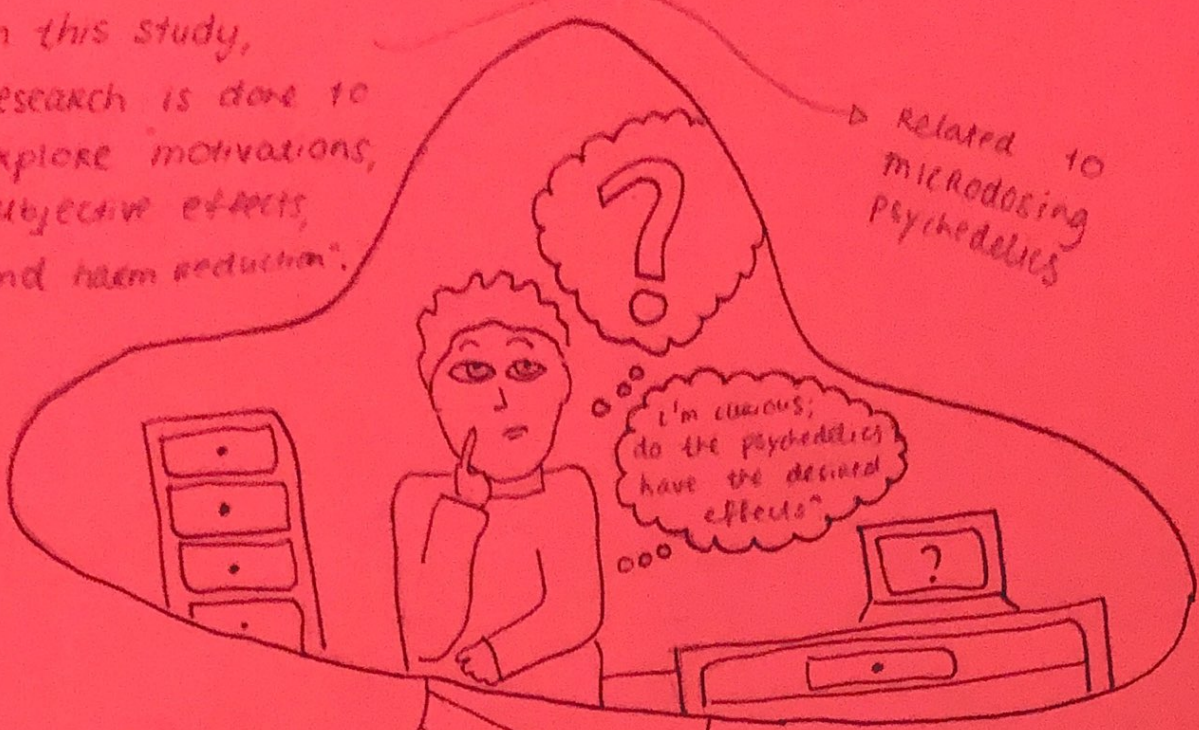
Toby Lea, Nicole Amada, Hendrik Jungaberle, Henrike Schecke, and Michael Klein

2019



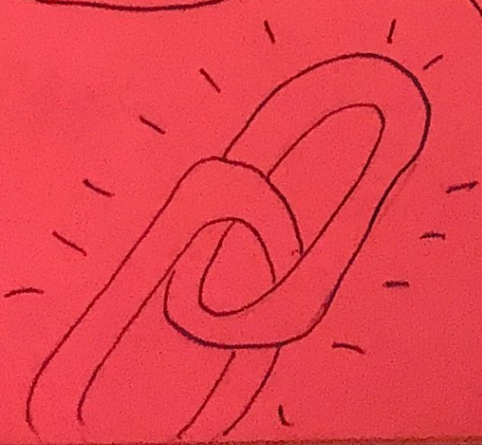
In this study,  
Research is done to  
explore "motivations,  
subjective effects,  
and harm reduction".

▷ Related to  
microdosing  
psychedelics



what are the  
**BENEFITS?**

Are the motivations and  
the effects in line  
with each other?

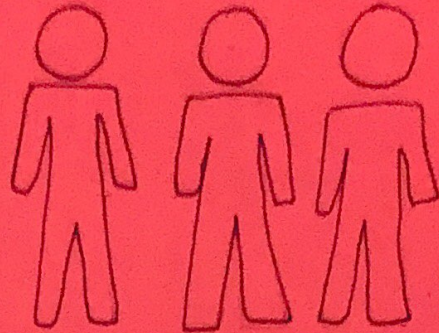


# METHOD

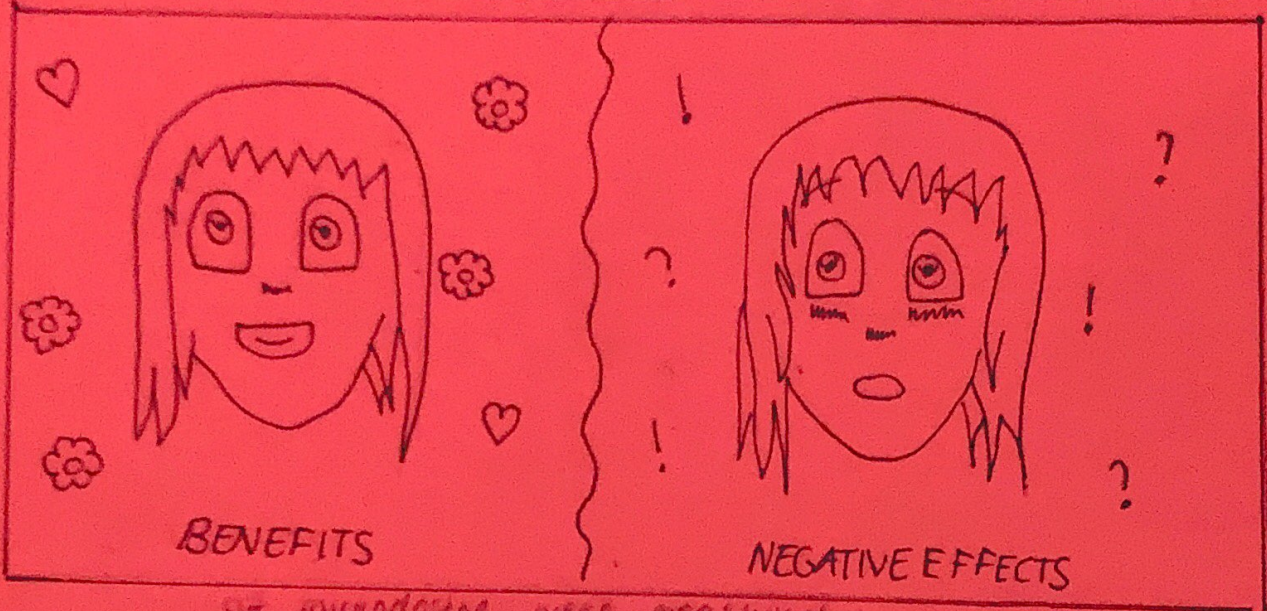
## PARTICIPANTS

N=525 | 16+ (age)

used psychedelics as microdoses use | English speakers



The psychedelic Experiences Survey

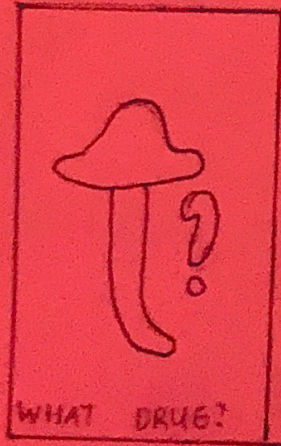


BENEFITS

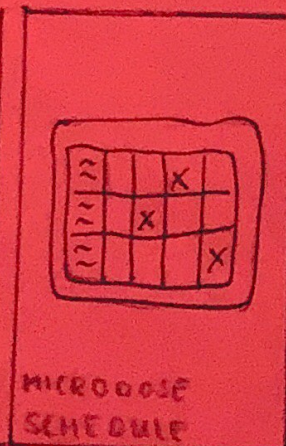
NEGATIVE EFFECTS

or microdosing were measured

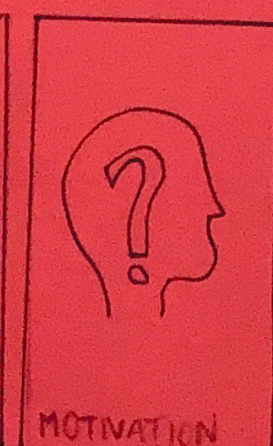
other measures



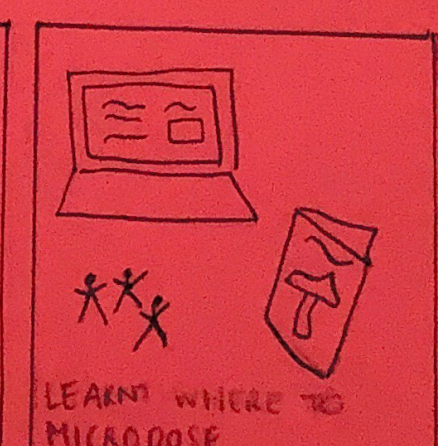
WHAT DRUG?



MICRODOSE SCHEDULE

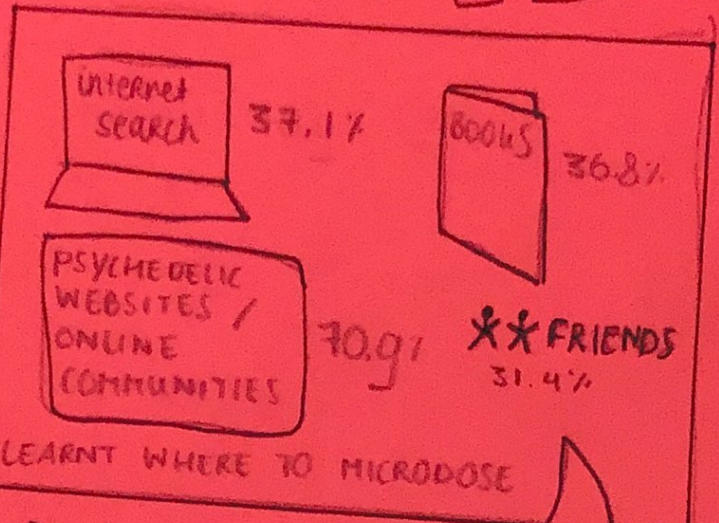
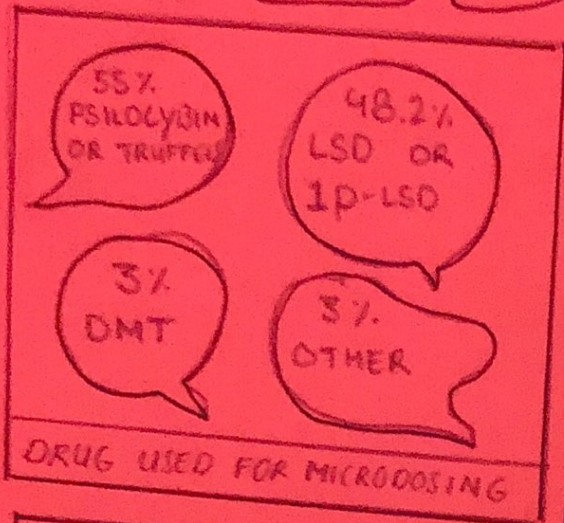


MOTIVATION



LEARN WHERE TO MICRODOSE

# RESULTS

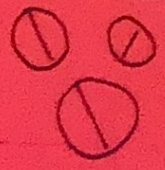
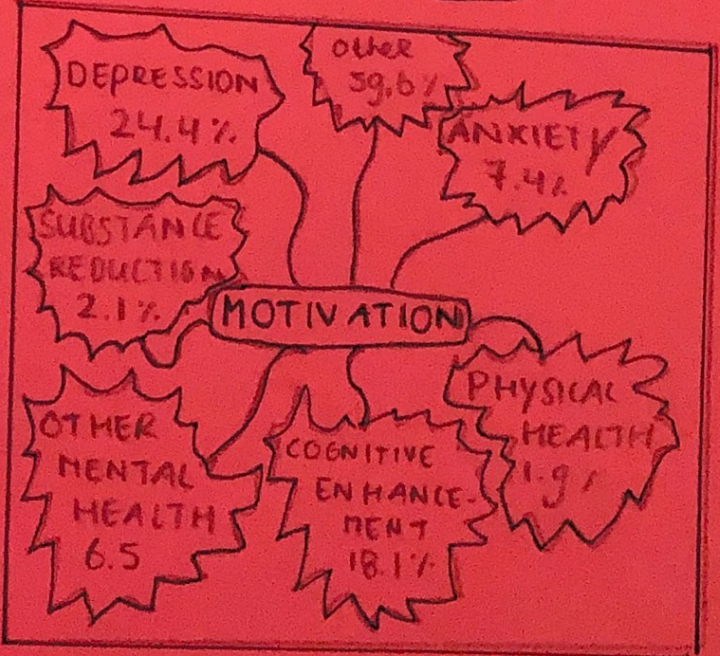


USUALLY TAKEN DOSIS AT @:

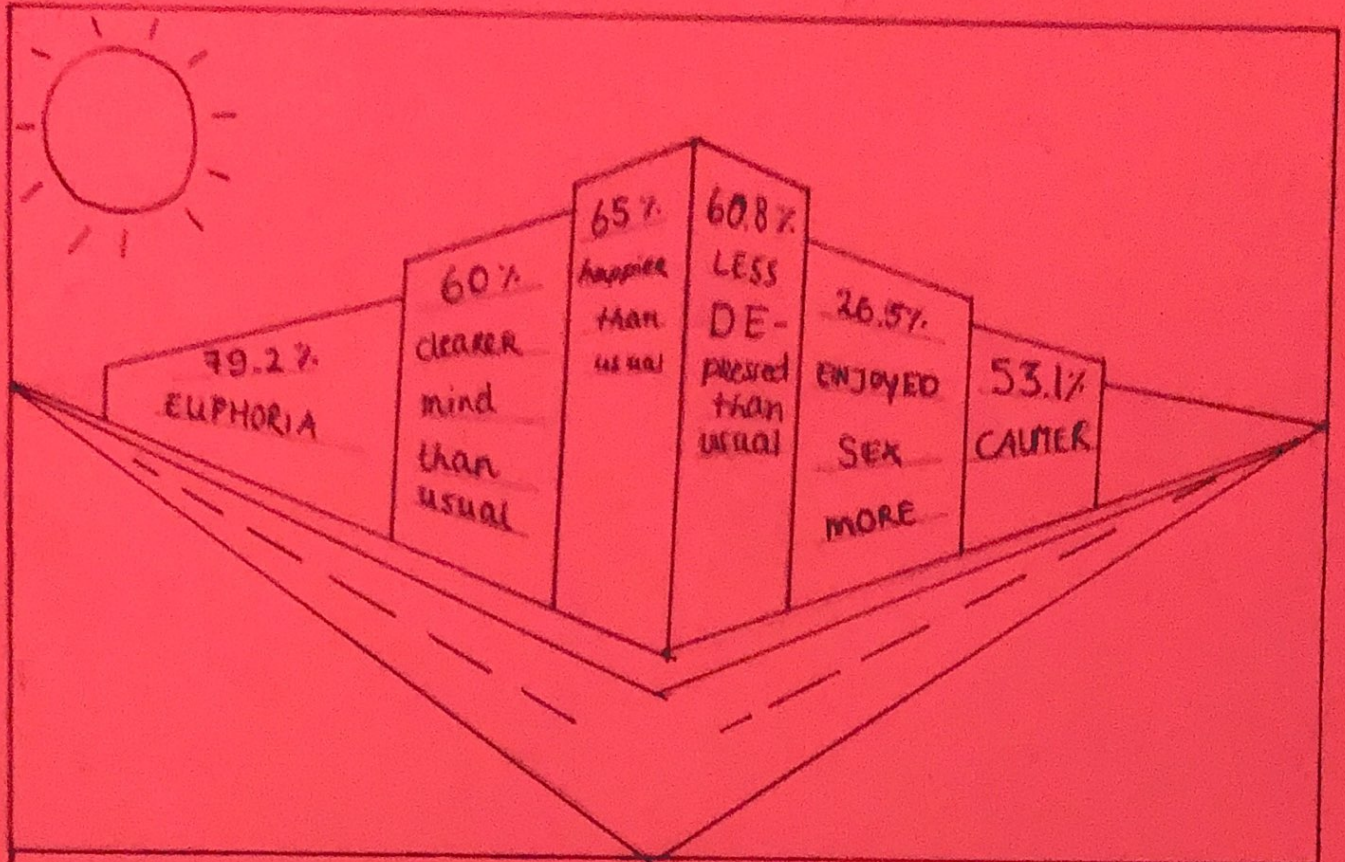
MORNING	42%
MIDDAY	13.9%
AFTERNOON	5.1%
EVENING	9%



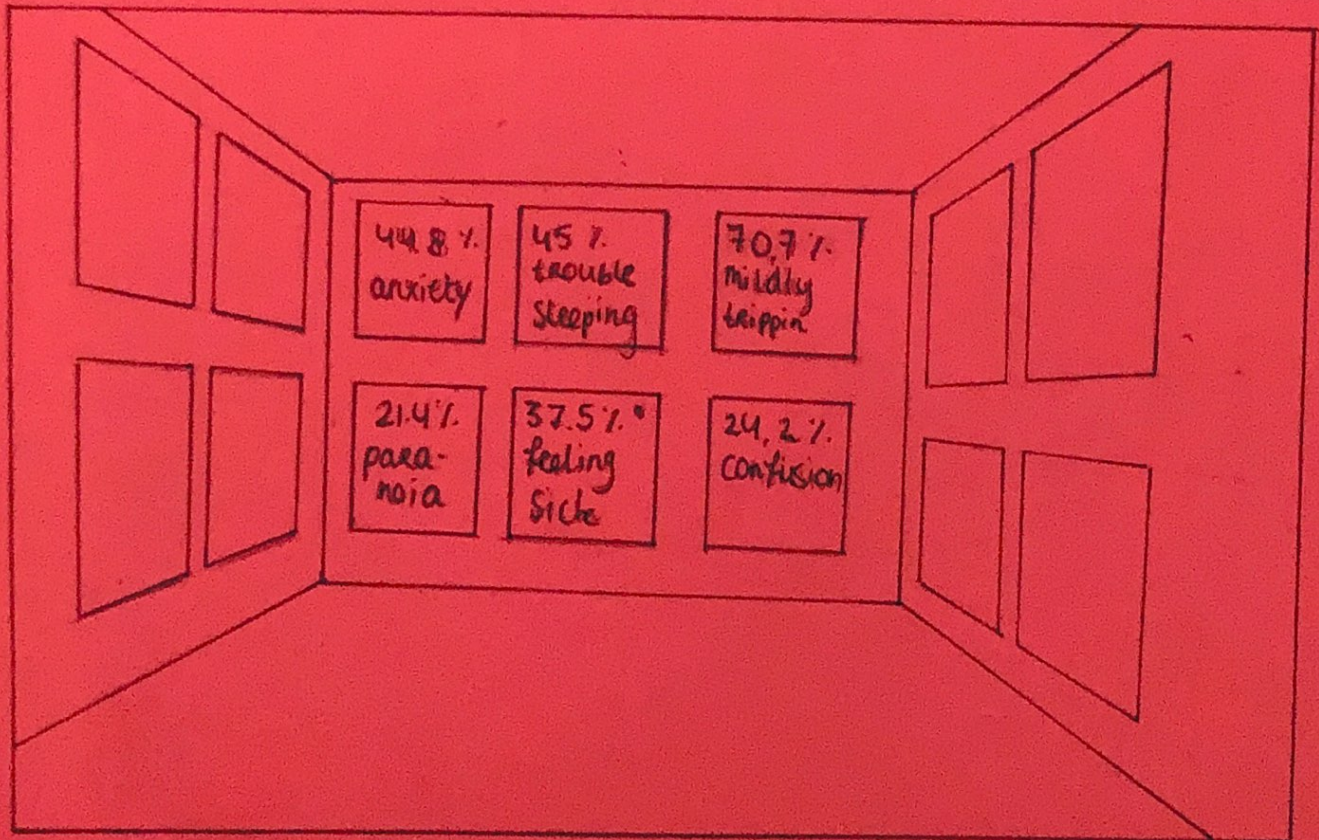
Multiple answers possible




# RESULTS



## BENEFICIAL EFFECTS (EVER)



# Did you know?

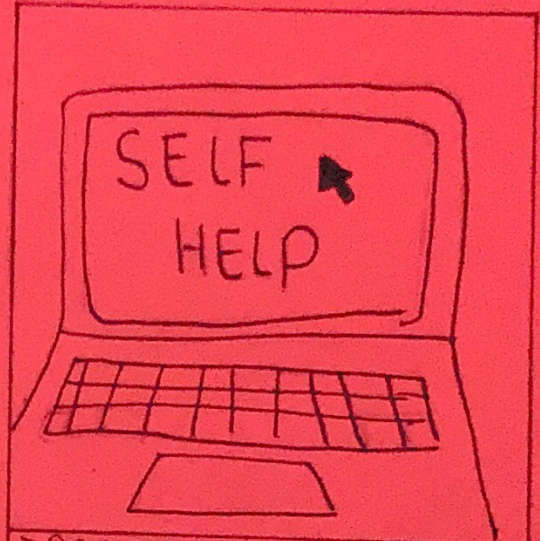


it looks like many participants are not satisfied with regular medicine for fighting mental health issues

62% replaced microdosed psychedelics for medicine



SOME PARTICIPANTS EXPERIENCED AN ACTUAL TRIP DURING MICRODOSING



> 80% DID NOT SPEAK WITH A PROFESSIONAL BEFORE MICRODOSING

THIS STUDY

contribution to future research

Longitudinal studies are required for deeper insights

improve suggestions of dosage, type of psychedelic drug, schedule and possible effects.