RMPDS 19TH ANNUAL SCIENTIFIC MEETING

Beyond Prevalence: Mapping the Spectrum of Psilocybin Use with NSIHT Data

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Brief NSIHT Overview

NSIHT: National Survey Investigation Hallucinogenic Trends

ONLINE SURVEY

Commercial panel recruitment of existing survey panels

TARGET POPULATION

Adults who report use of at least 1 psychedelic in the last year

PSYCHEDELIC USE

17 psychedelics substances, includes full spectrum of use and perceptions towards use

SURVEY DESIGN

Randomization, adaptative questioning, responsive digital interface, etc.

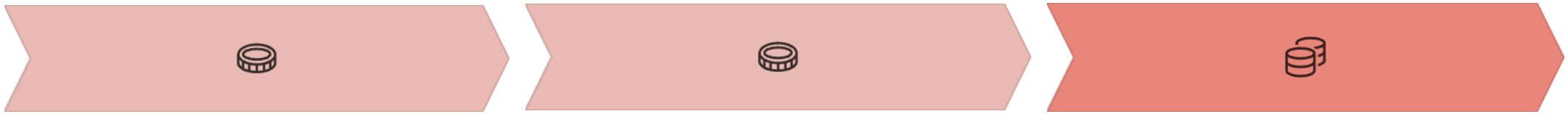
REPRESENTATIVENESS

All adults (ages 18+ years) in the US

BIAS MITIGATION

Careless response, content validation, transport weighting

2024 Total Sample Size



Launch 1

2,306 Psychedelic Respondents

out of

28,555 Surveys

Launch 2

2,023 Psychedelic Respondents

out of

28,754 Surveys

2024 Data Collection

4,329 Psychedelic Respondents

out of

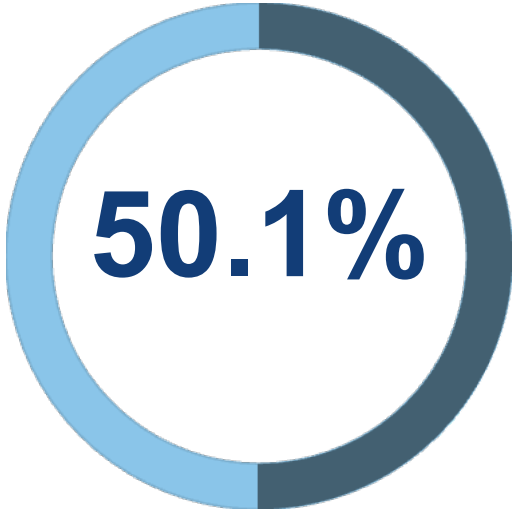
57,309 Total Surveys

Successfully collected data from a diverse psychedelic sample:



US State Coverage

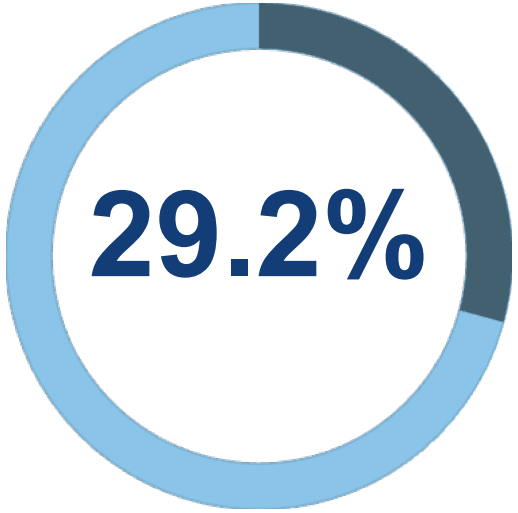
Data from all 50 States + Washington DC



Multiple Psychedelics

50.1% Used 2 or more psychedelics

49.9% used only 1 psychedelic



Non-White Race

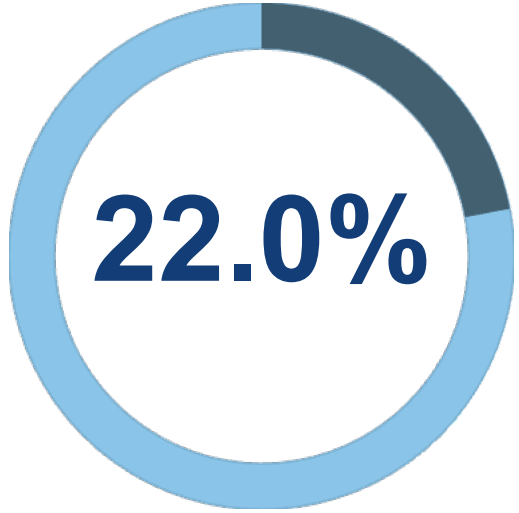
3.5% AI/AN

3.3% Asian

16.0% Black or AA

1.0% Native Hawaiian/PI

6.7 % Other



Veteran or First Responder

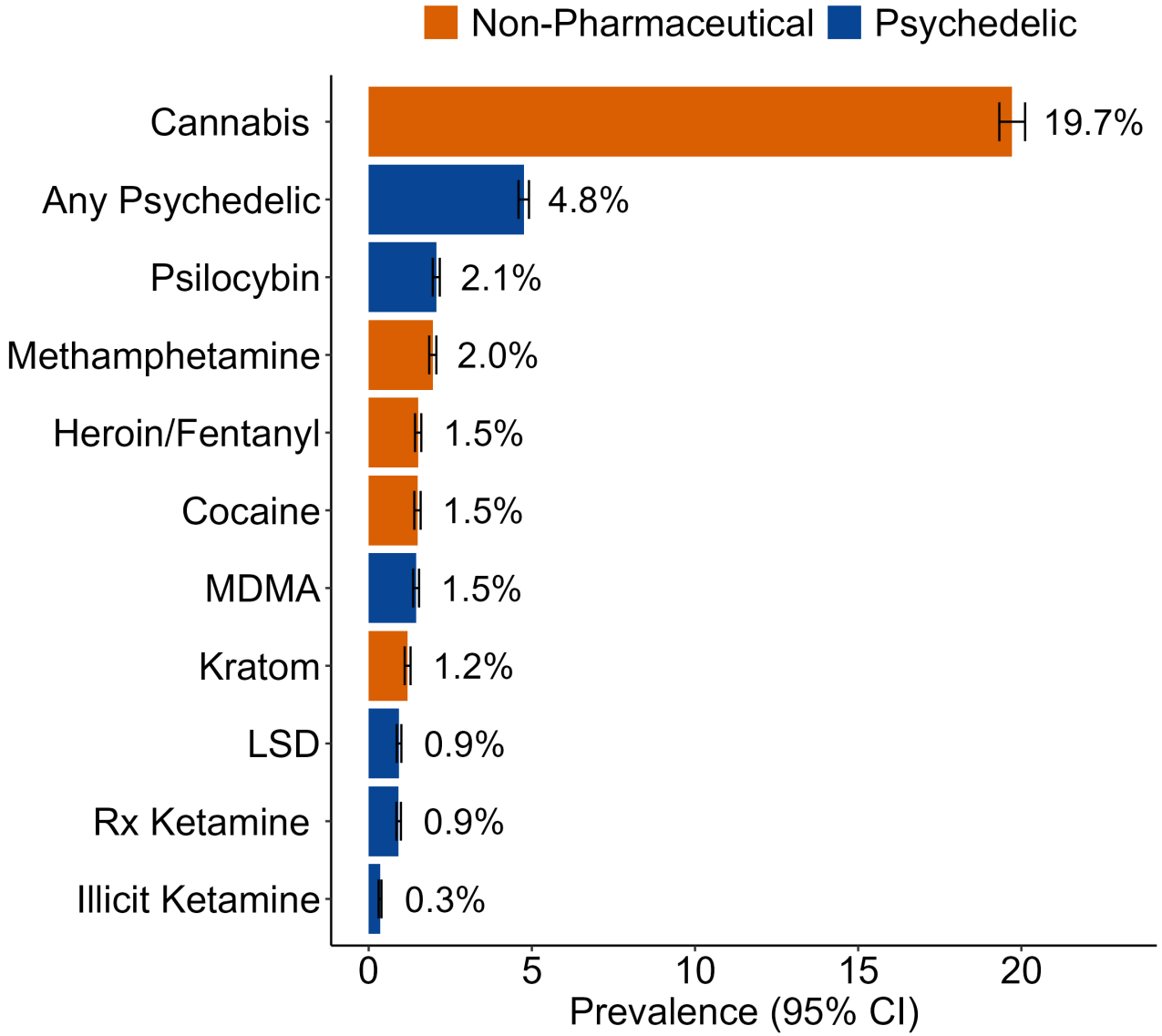
17.2% Served in Armed Forces

14.7% Current First Responder

Psychedelics & Psilocybin Use is Common

Among non-pharmaceutical substances used in last year:

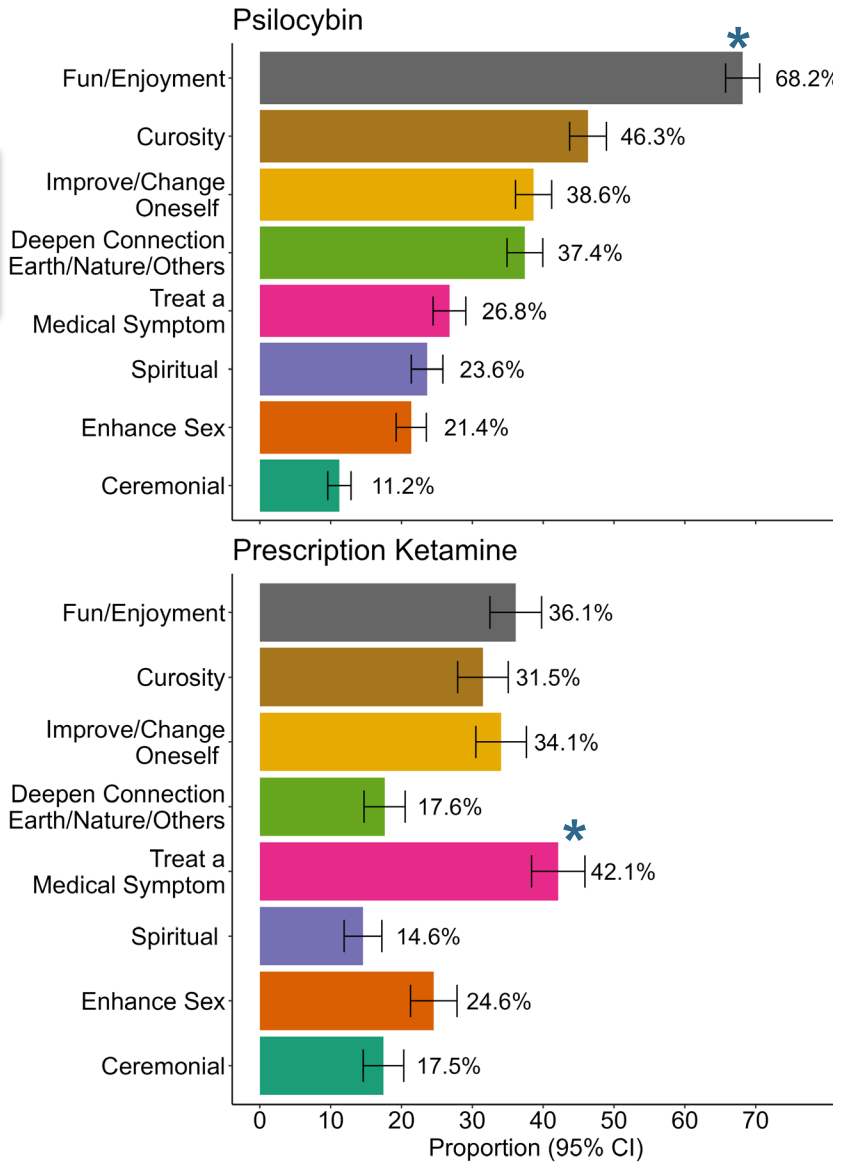
- Cannabis use most common
- *Any psychedelic* use 2nd most common
- Psilocybin use most common psychedelic



Reasons for Psychedelic Use Vary by Drug

Psilocybin: fun/enjoyment most common

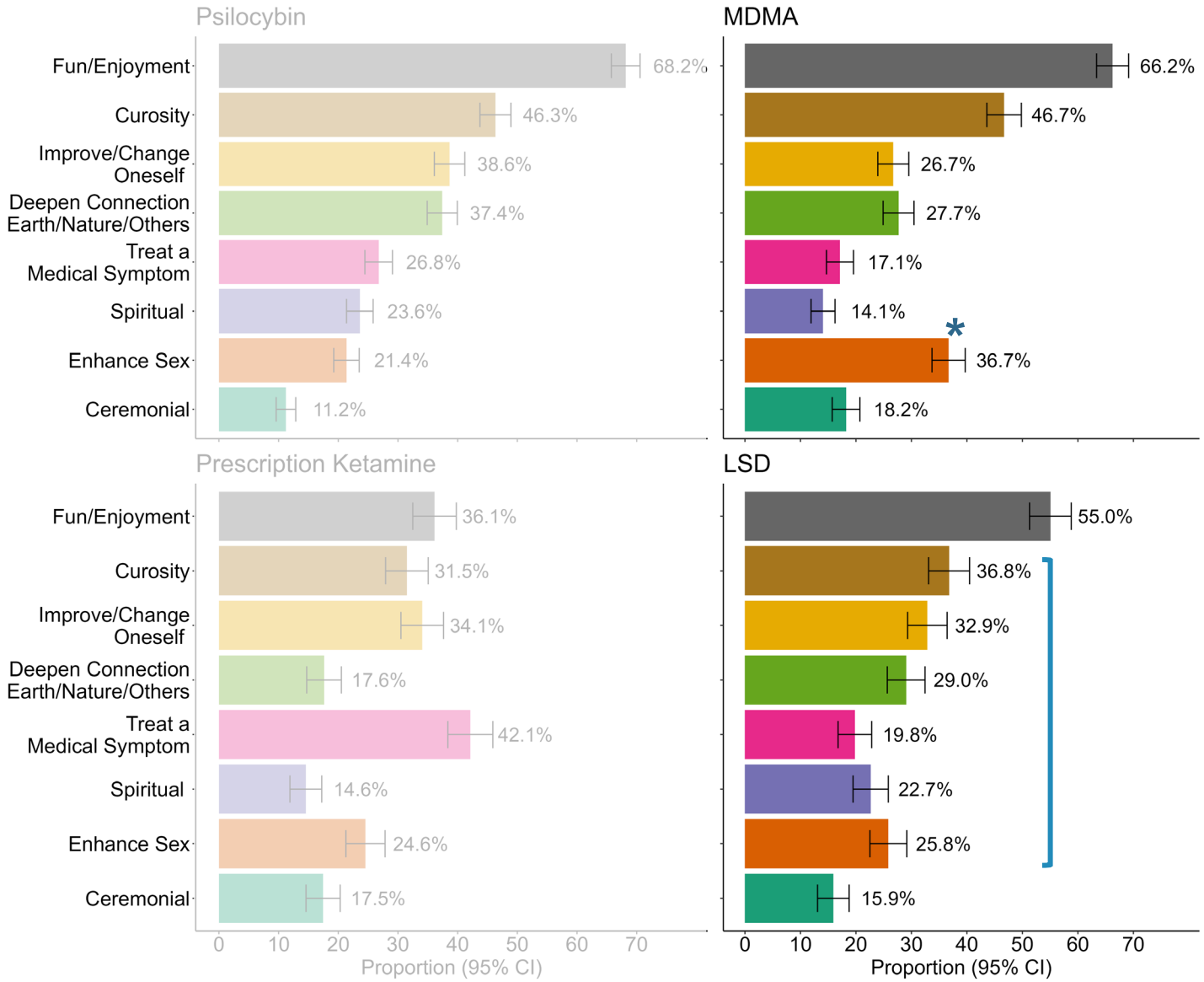
Prescription ketamine: to treat a medical condition most common



Reasons for Psychedelic Use Vary by Drug

MDMA: to enhance sex becomes more common

LSD: several reasons for use common



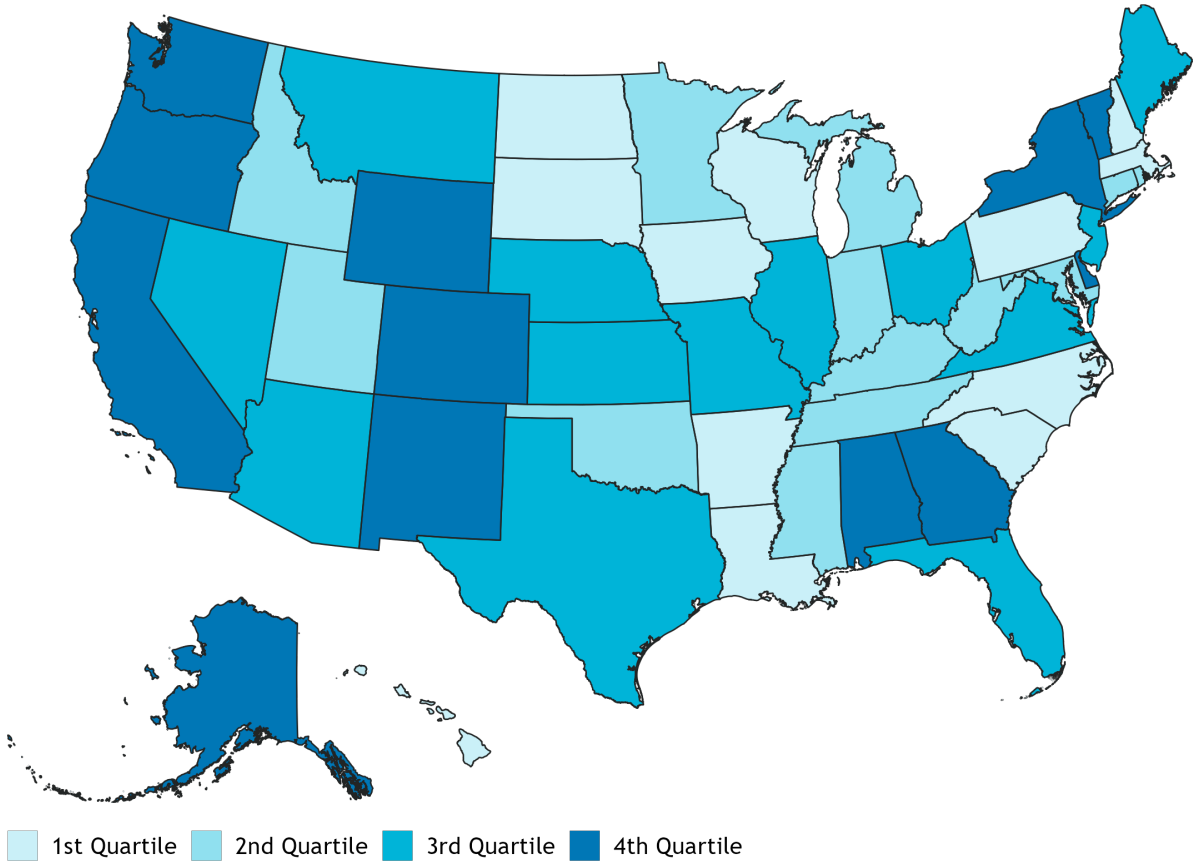
Deep Dive into Psilocybin Data



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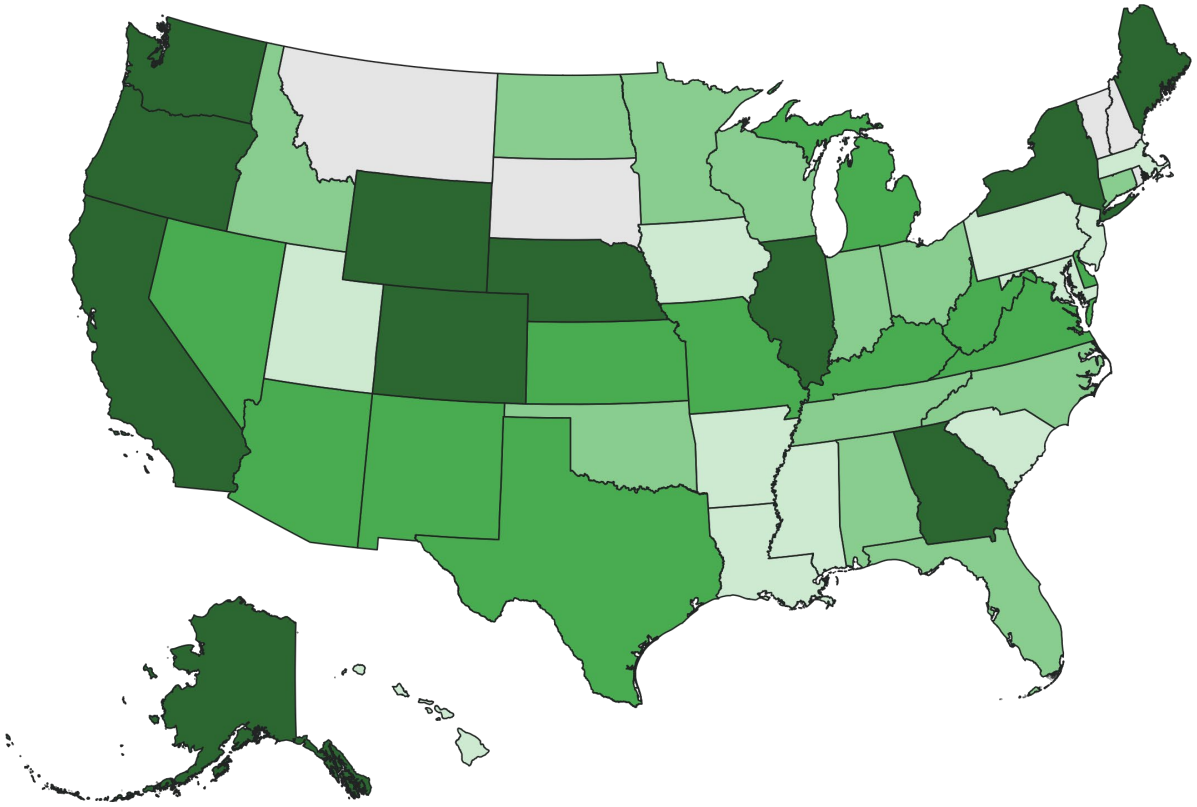
Psychedelics and Psilocybin Use Varies by State

Any Psychedelic Use



1st Quartile 2nd Quartile 3rd Quartile 4th Quartile

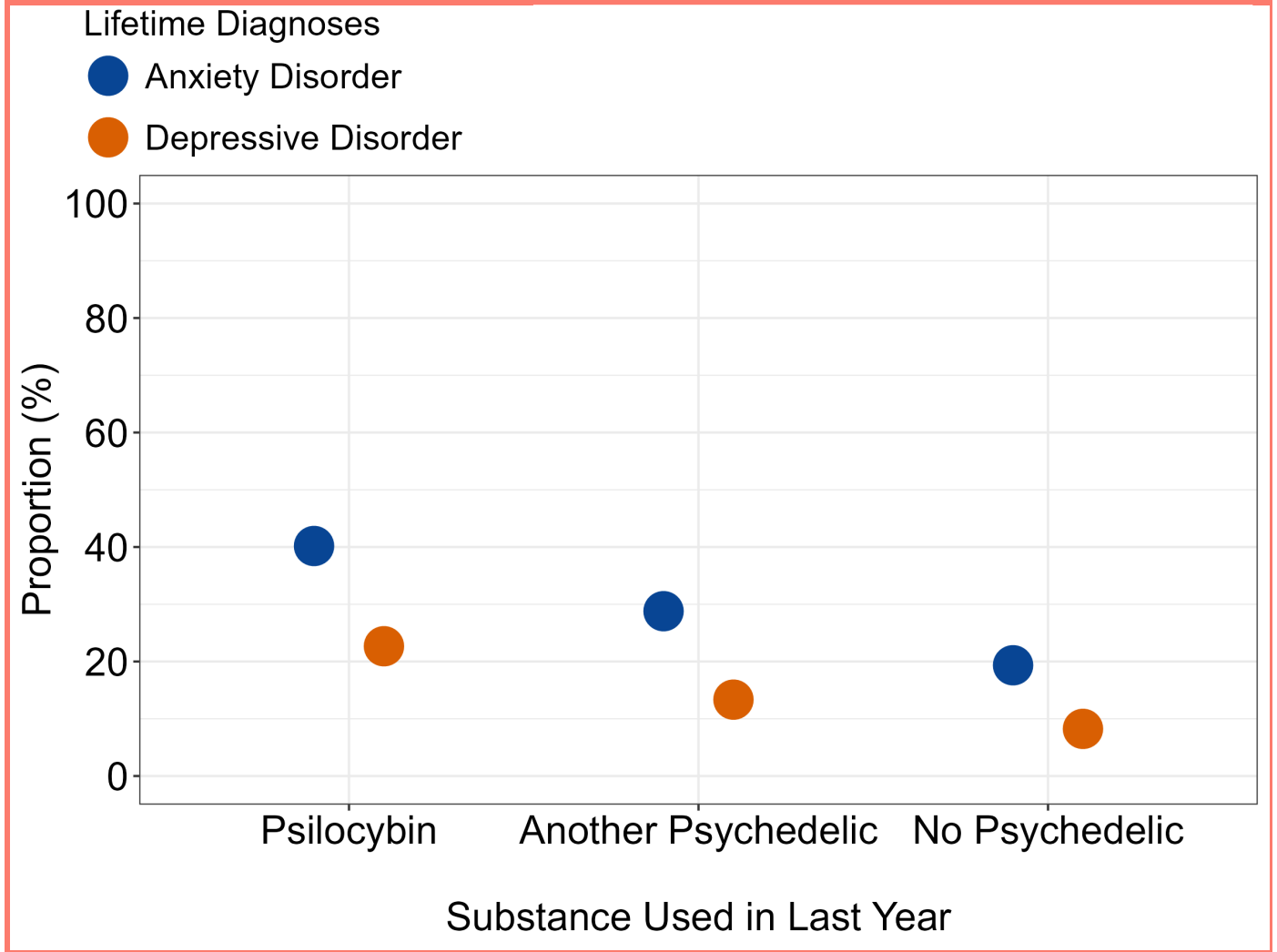
Psilocybin Use



Sparse Data 1st Quartile 2nd Quartile 3rd Quartile 4th Quartile

Mental Health Profiles with Psilocybin Use

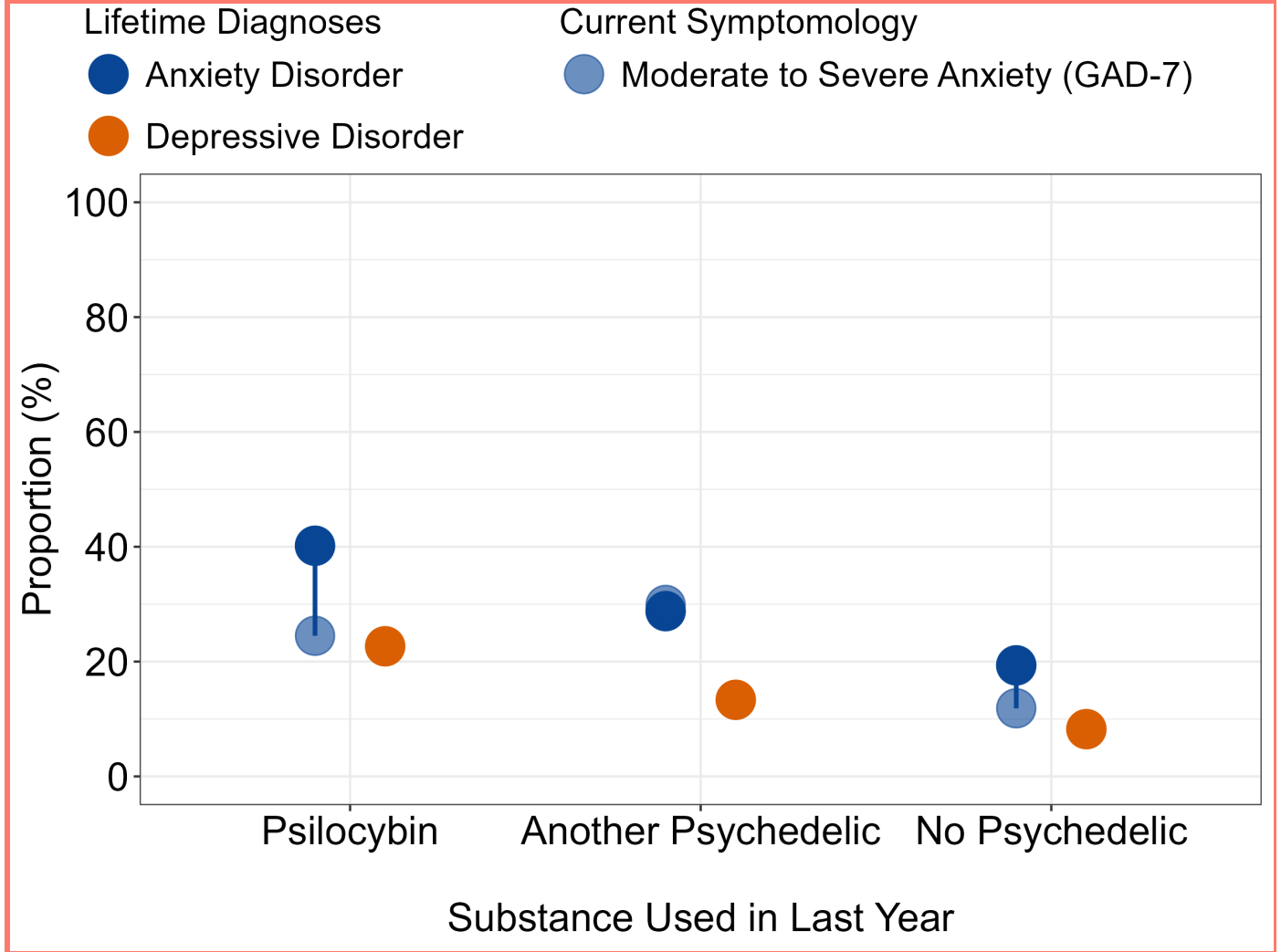
Prevalence of a lifetime diagnosis of depression and anxiety is higher among psilocybin users vs users of another psychedelic or non-users



Mental Health Profiles with Psilocybin Use

Prevalence of a lifetime diagnosis of depression and anxiety is higher among psilocybin users vs users of another psychedelic or non-users

But the prevalence of current anxiety symptoms is lower among psilocybin users

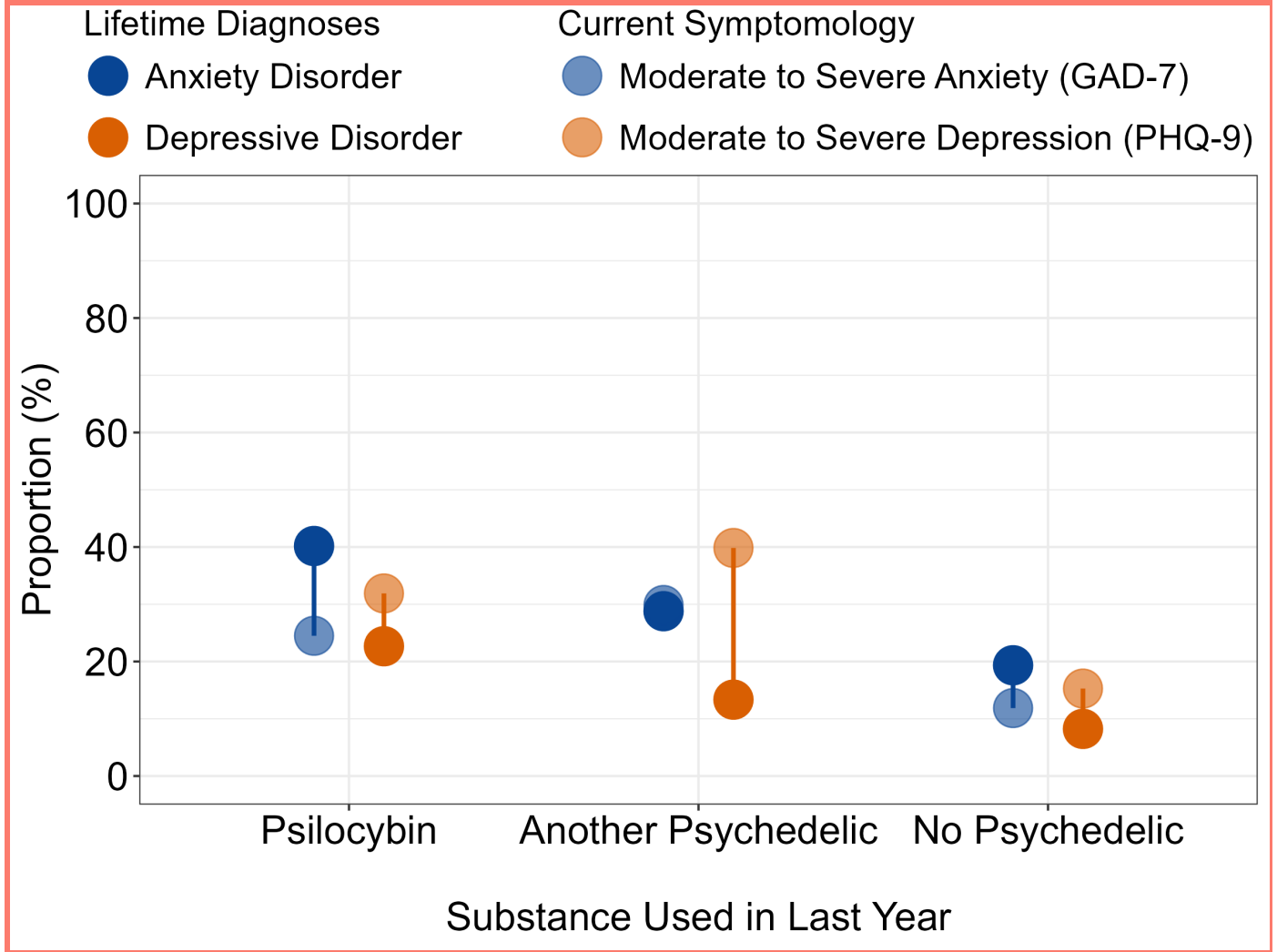


Mental Health Profiles with Psilocybin Use

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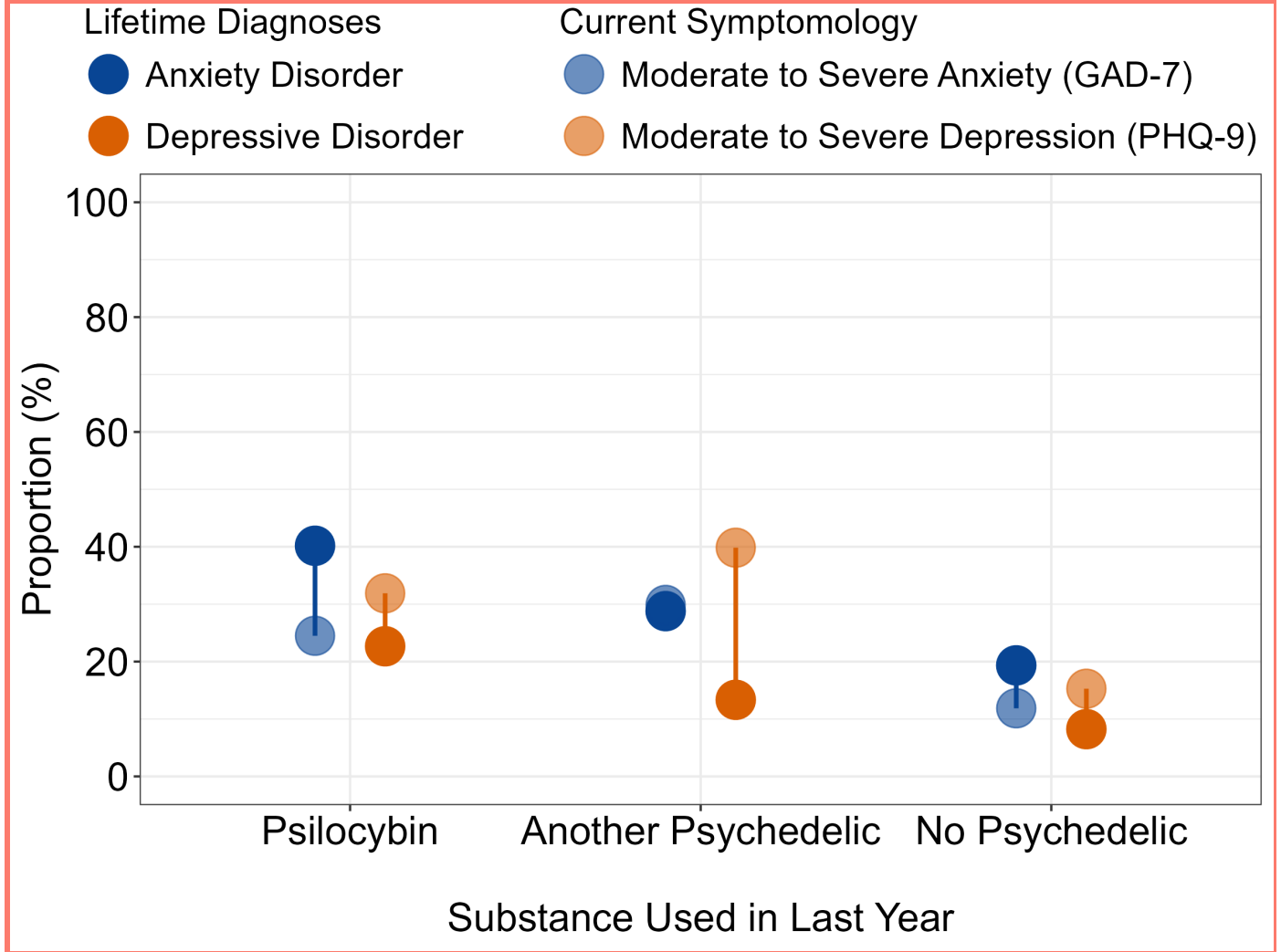
While the prevalence of current depression symptoms is higher among psilocybin users



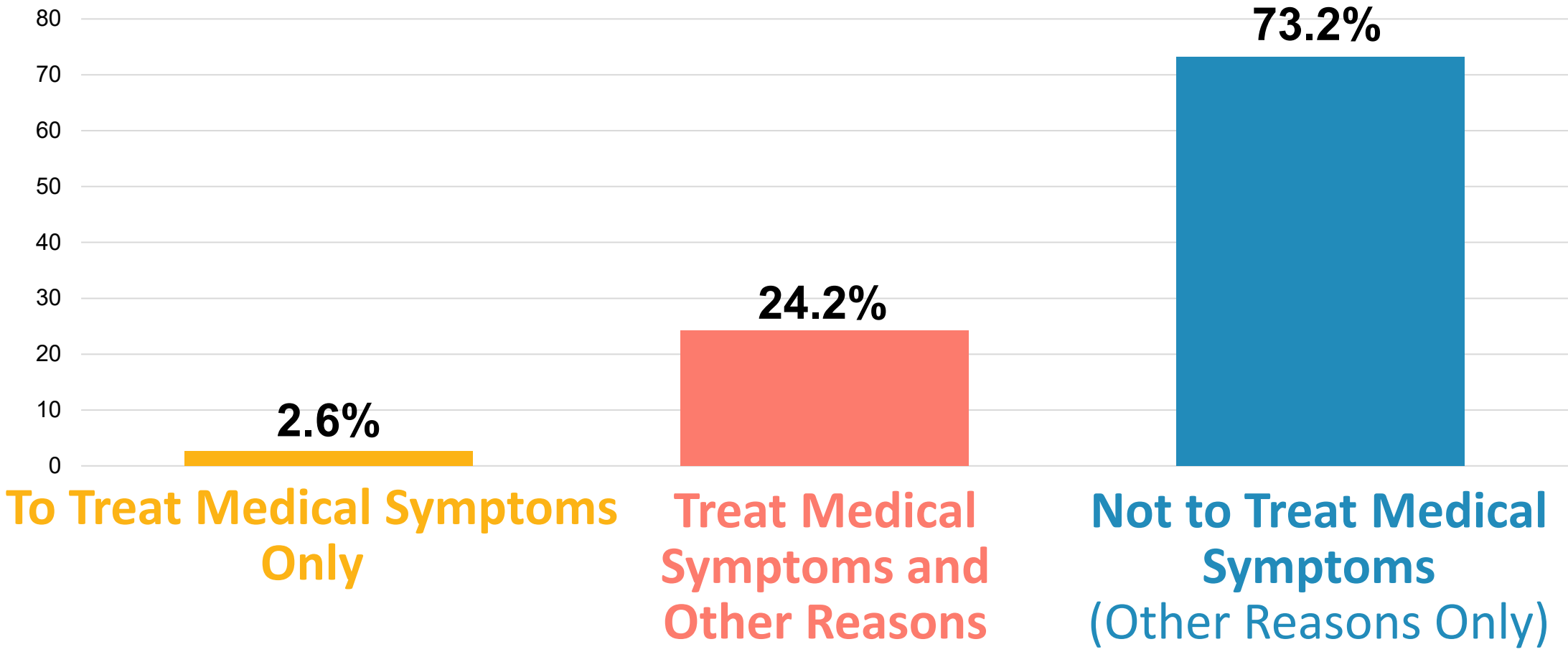
Mental Health Profiles with Psilocybin Use

Implications:

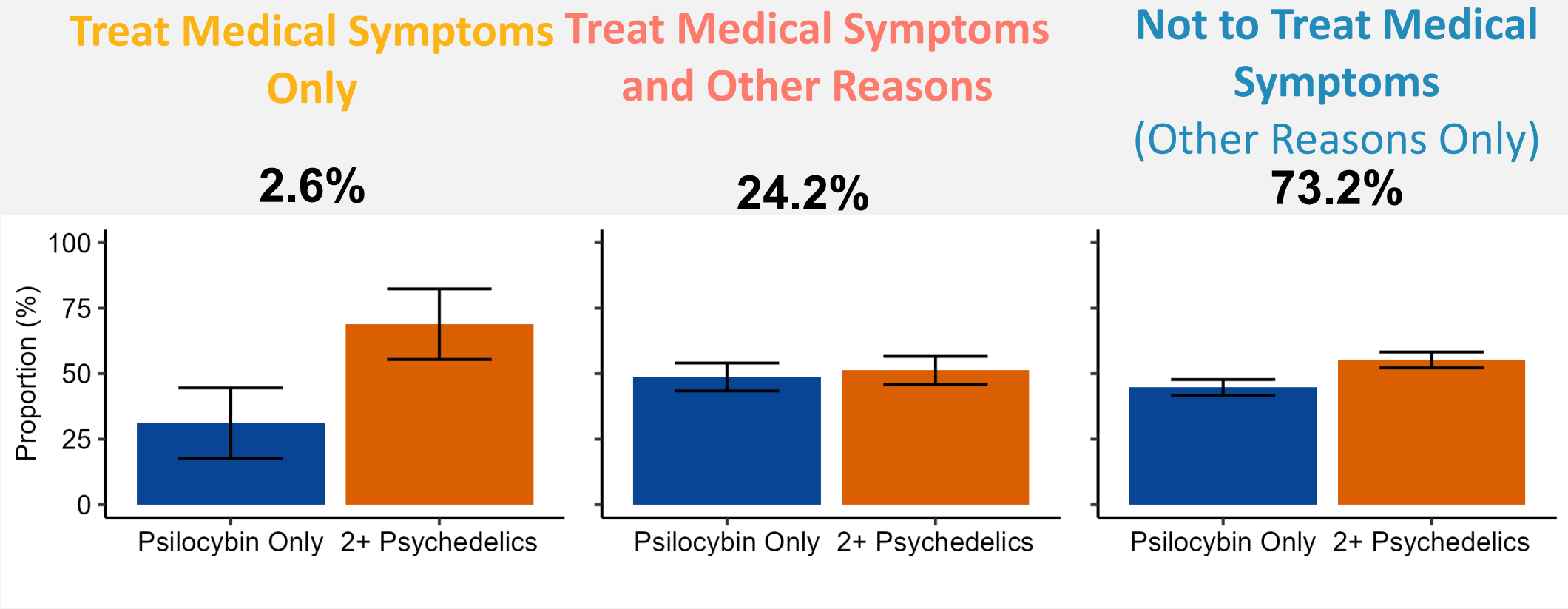
- Capture both diagnosis and current symptomatology
- Access based on symptoms rather than diagnosis
- Public education around appropriateness of each substance for each condition
- Real-world patient populations likely differ from those studied in trials



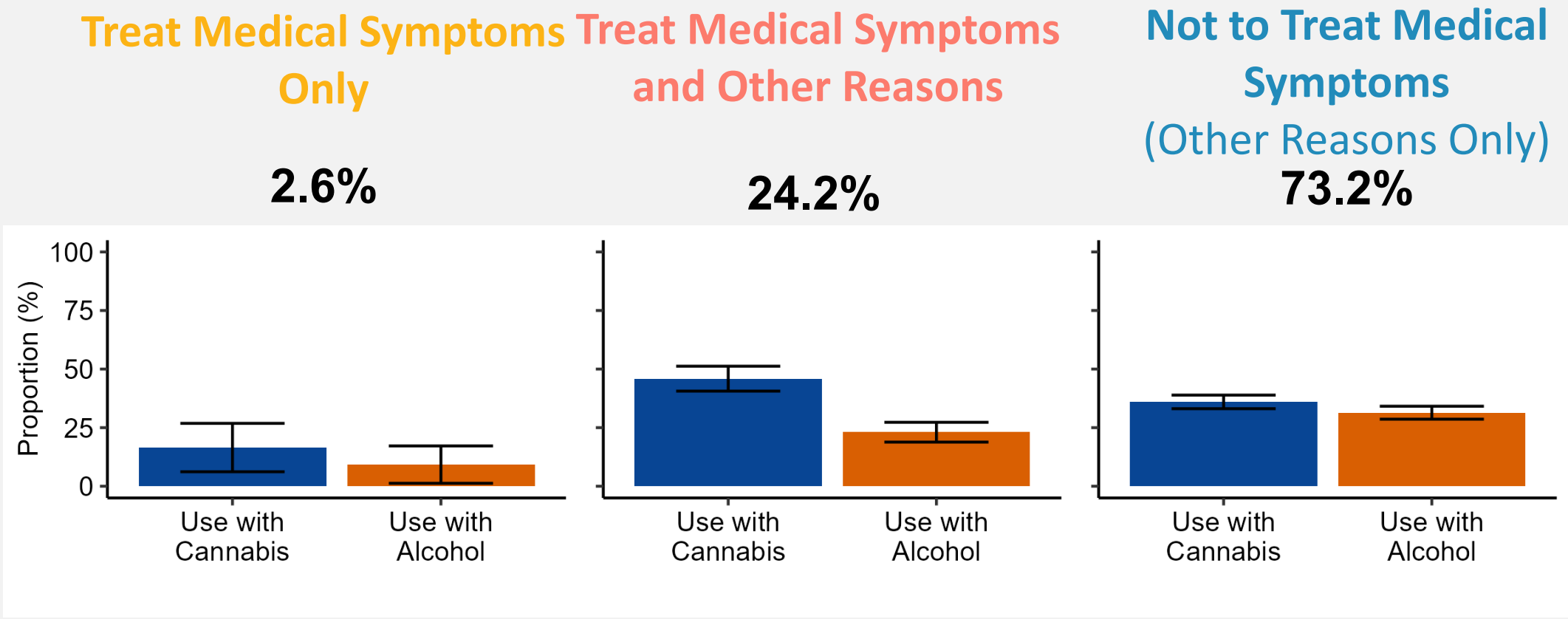
Small Percentage of People are Using Psilocybin ONLY to Treat a Medical Reason



Use of Another Psychedelic in Last Year is Common Especially Among those Using Psilocybin to Treat Medical Symptoms



Use of Cannabis and Alcohol while Using Psilocybin is Less Common Among those Only Treating a Medical Symptom



Concomitant Use (at Same Time) with Other Substances

Use of Psilocybin to Treat Medical Symptoms Likely to Report Mental Improvement

Treat Medical Symptoms Only

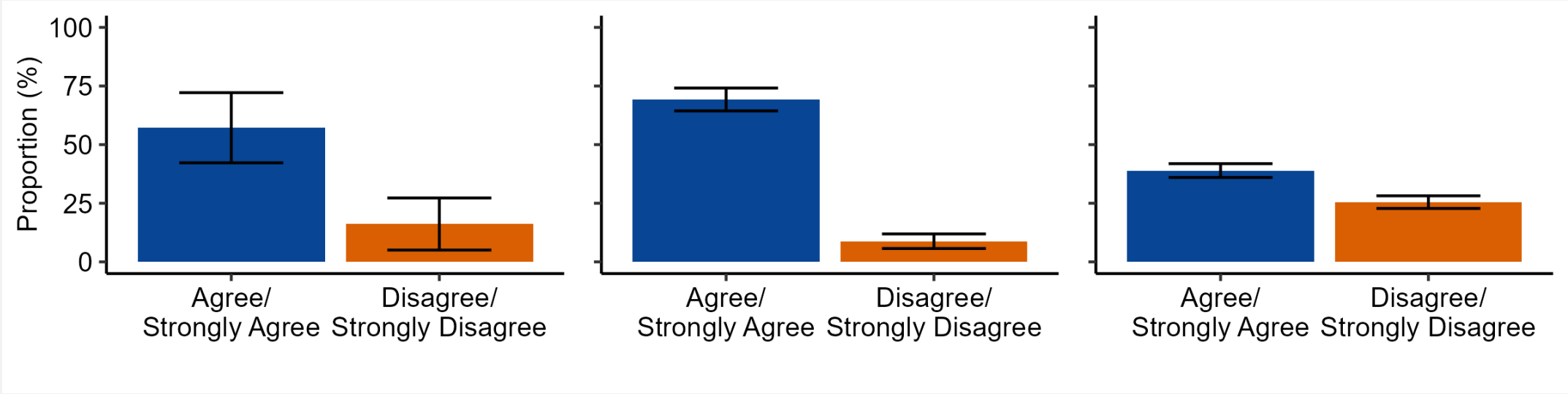
2.6%

Treat Medical Symptoms and Other Reasons

24.2%

Not to Treat Medical Symptoms
(Other Reasons Only)

73.2%



Self Perceived Mental Health Improvement

Conclusions

Mapping the Spectrum of Psilocybin Use with NSIHT Data



Psilocybin Use Rates

Most common psychedelic used with diverse motivations – but only 2.6% use it solely for medical reasons



Psilocybin Use Complexity

Most psilocybin use is not for medical reasons and use with concomitant substance is common



Psilocybin for Mental Health

High rates of depression and anxiety, but varying rates of current symptoms – possible treatment seeking population



Implications for Monitoring

Symptoms, diagnosis, and population complexity create monitoring challenge and provide opportunities to refine data collection

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Thank you

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Rocky Mountain Poison & Drug Safety

Disclosure

This work was conducted by the staff at Rocky Mountain Poison and Drug Safety (RMPDS). RMPDS is a division of nonprofit Denver Health and Hospital Authority, a political subdivision of the State of Colorado, USA. Outside of this work, RMPDS provides independent surveillance, research, and reporting services to pharmaceutical manufacturers, government, and non-government agencies. No manufacturer or agency participated in the conception, analysis, drafting, or review of this presentation.

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