



**RMPDS 18th Annual
Scientific Meeting**

Insights from NSIHT Pilot

**National Survey
Investigating
Hallucinogenic Trends**

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Overview:

- Describe pilot study design
- Explore subpopulations
- Showcase 2 more commonly studied substances
- Showcase 2 less commonly studied substances
- Outcomes

Understanding
substance-
specific
experiences



Funding and Conflict of Interest Statement

Funding

Development of pilot funded through US Substance Abuse and Mental Health Administration (SAMHSA) contract #A23-0105-00_9810

Views expressed are those of the presenter, and not of the SAMHSA

RMPDS Conflict of Interest

This research was conducted by Rocky Mountain Poison & Drug Safety (RMPDS), a division of nonprofit Denver Health and Hospital Authority (DHHA), a political subdivision of the State of Colorado. Outside of this work, RMPDS is supported by subscriptions from pharmaceutical manufacturers, government, and non-government agencies for surveillance, research and reporting services.

NSIHT Pilot Overview

- Cross-sectional online survey
- Anonymous/Confidential
- Implement design best practices
- Broad net recruitment approach: general population
- Developed after 1 year conducting focus groups and underwent external expert review
- Will launch 2-4x/year

Pilot Launched
April 2024!



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Successfully collected data from a diverse sample...

2,306

Respondents

Adults who report use
of psychedelics in last
year

15

Substances

First survey to cover
comprehensive drug
list

51

50 States + DC

Full national coverage
during pilot launch



Successfully collected data from a diverse sample...

28.8%

Non-White

3.8% AI/AN
3.2% Asian
20.6% Black or AA
1.3% Native Hawaiian/PI
4.8 % Other

1.9%

**Nonbinary or
Transgender**

96.4% Cisgender
0.6% Nonbinary
1.3% Transgender

28.9%

**Veteran or First
Responder**

22.2% Served in
Armed Forces
21.5% Current First
Responder



15 Unique Substances Covered

Within categories of:

- Natural fungi/plant derivatives
- Stimulant/hallucinogenic properties
 - DMT or derivatives
 - LSD
- Ketamine/Esketamine

First US-based survey to:

- 1) Intentionally distinguish pharmaceutical from illicit substances
- 2) Expand covered list
- 3) Uniform data collection across all



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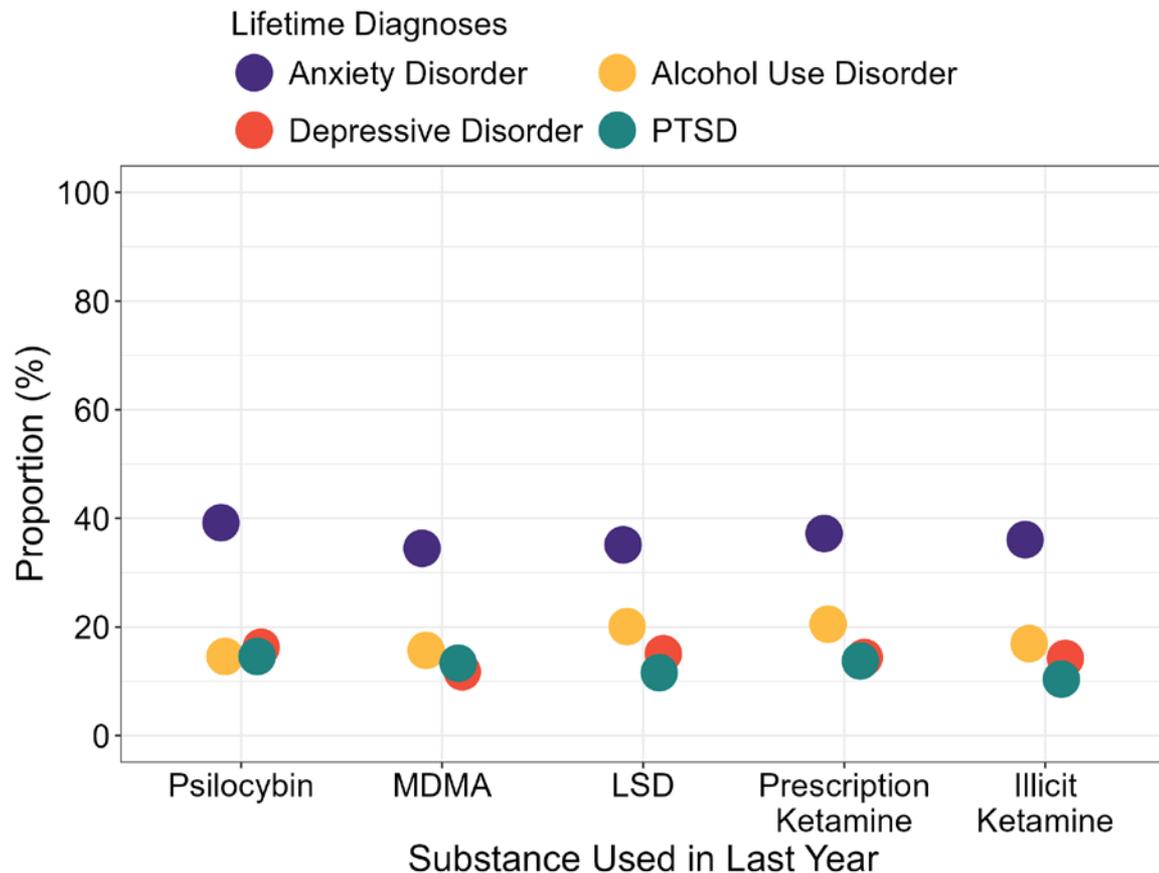


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Exploring Subpopulations of Interest: Mental Health

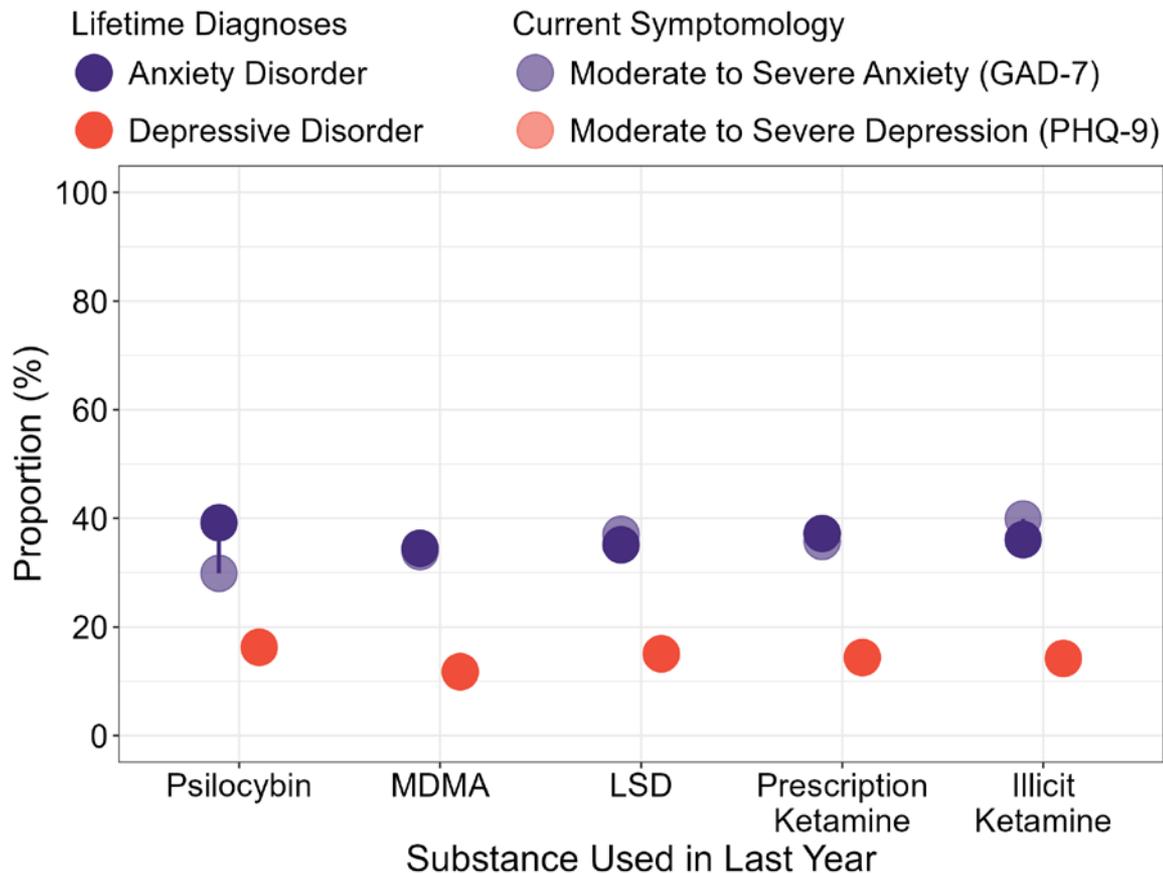
Subpopulations of Interest – Mental Health

- Across all substance use groups, highest proportion was an anxiety diagnosis (35-40%)
- Proportion of AUD, depression, and PTSD lower (10-20%) and varied by substance use groups



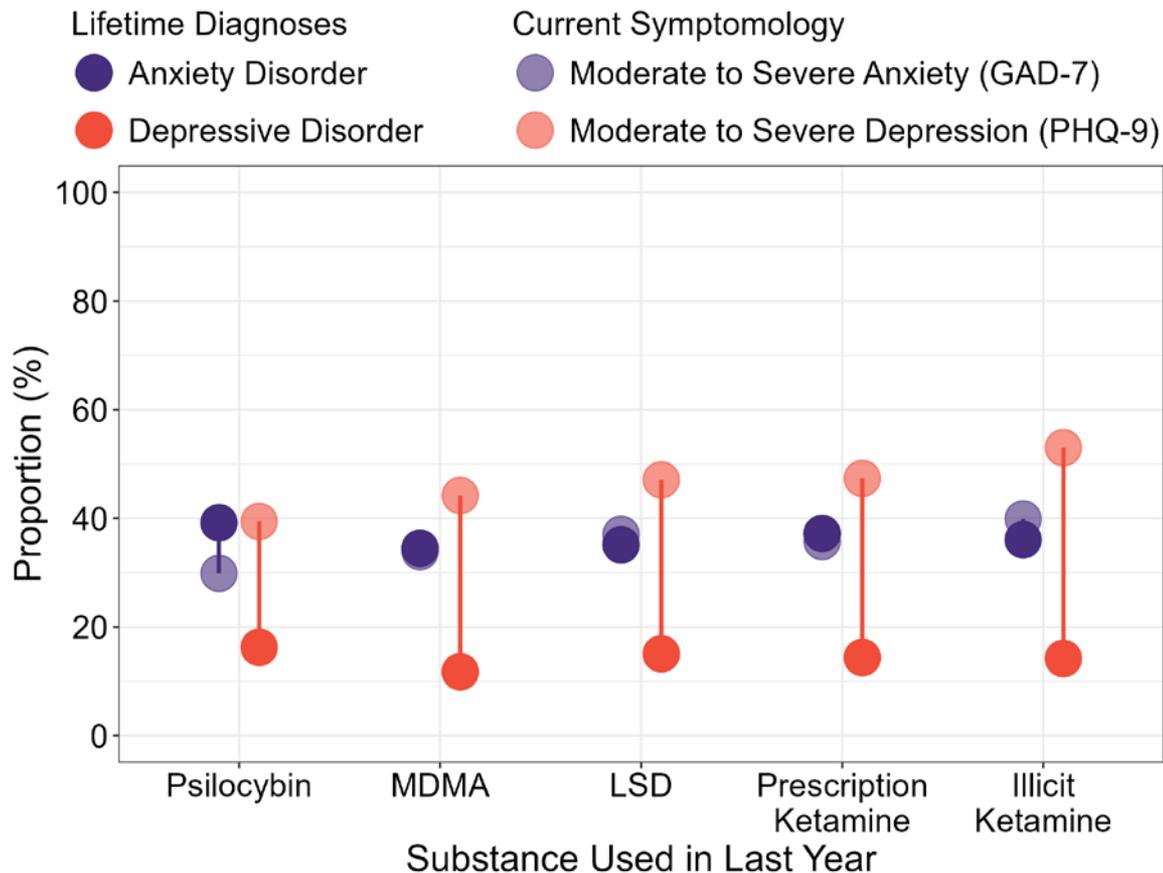
Subpopulations of Interest – Mental Health

- For anxiety little difference in proportion with diagnoses versus experiencing symptoms
- Among psilocybin group see decrease in proportion with symptoms



Subpopulations of Interest – Mental Health

- For depression, large increase in proportion experiencing symptoms versus diagnoses
- Depression symptoms now surpass anxiety symptoms



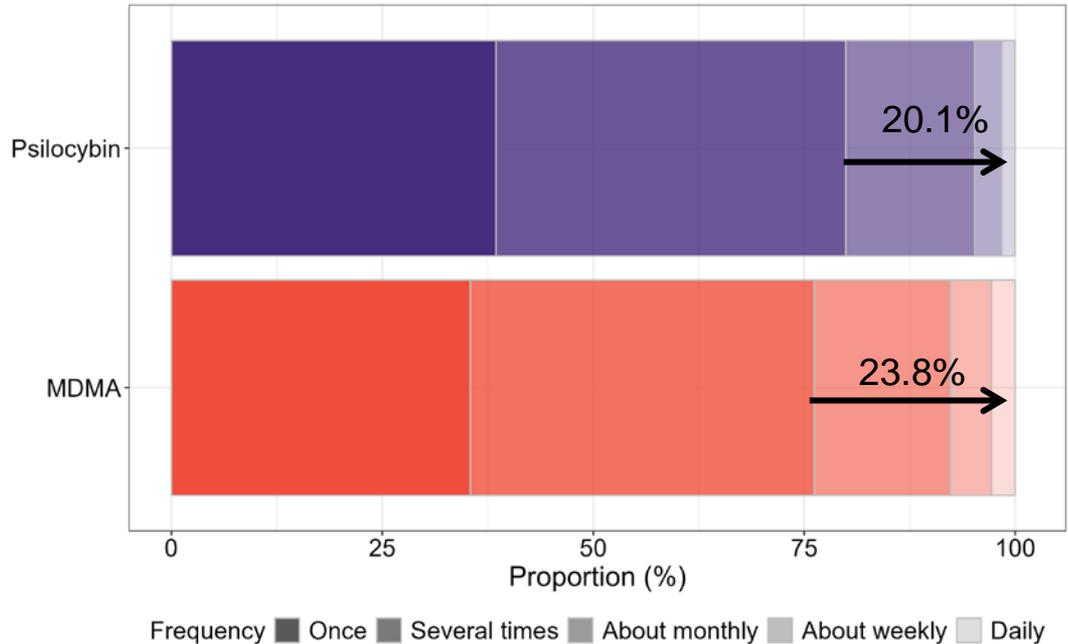


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Breakthrough Therapies: Psilocybin & MDMA

**Psilocybin & MDMA:
Despite similar
frequency of use,
differential reasons
for use**

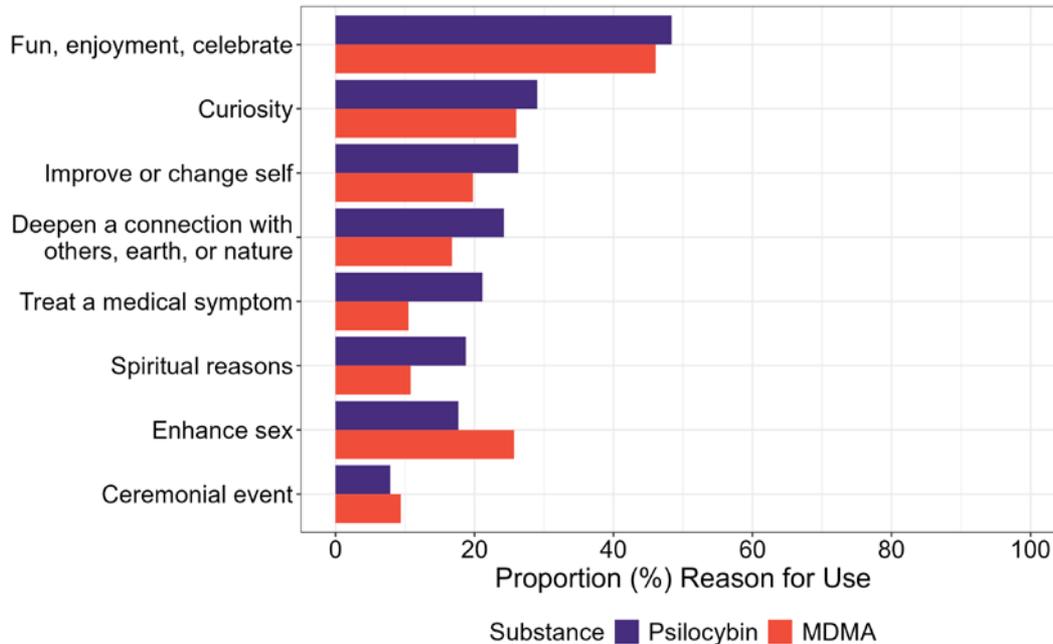
Frequency of use in last year from “Once” to “Daily”
similar between Psilocybin and MDMA



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**Psilocybin & MDMA:
Despite similar
frequency of use,
differential reasons
for use**

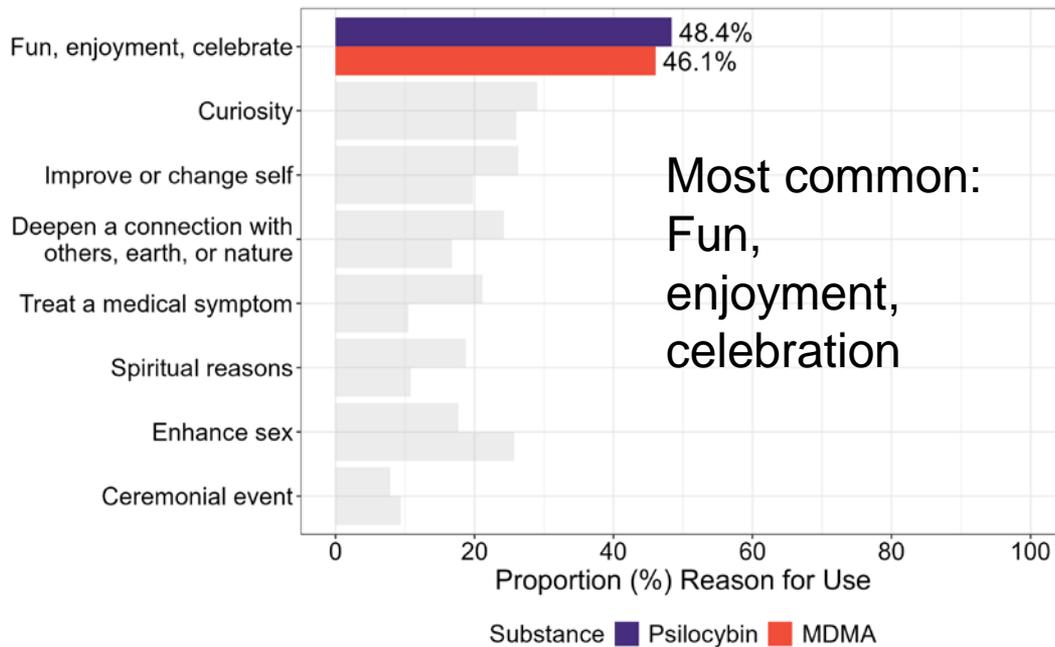
Reasons for use in last year are different by substance,
caution assuming similarity



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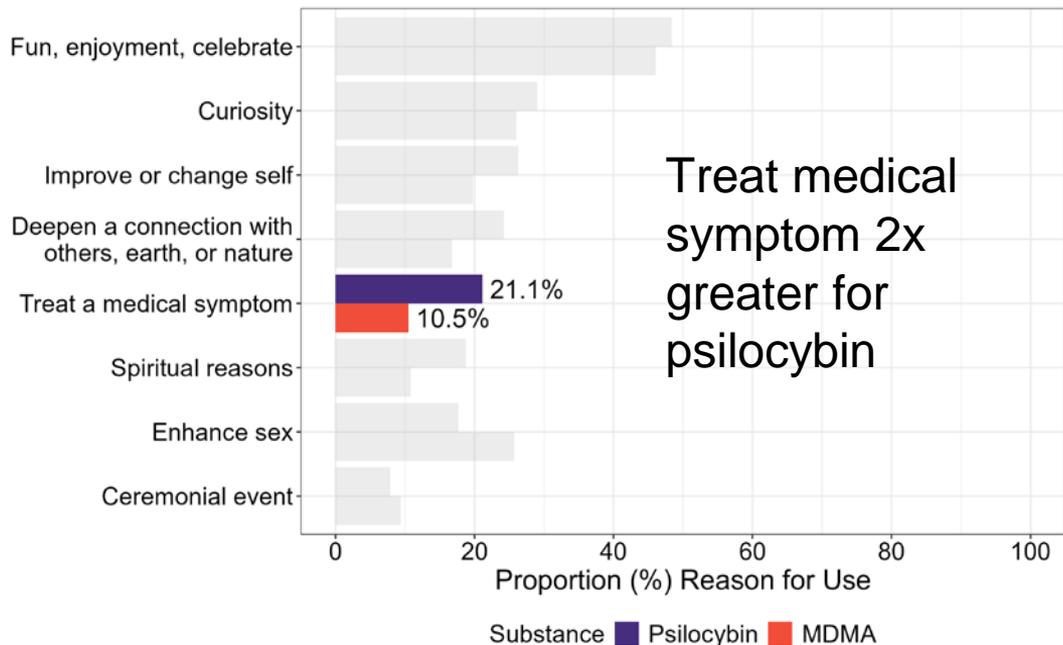
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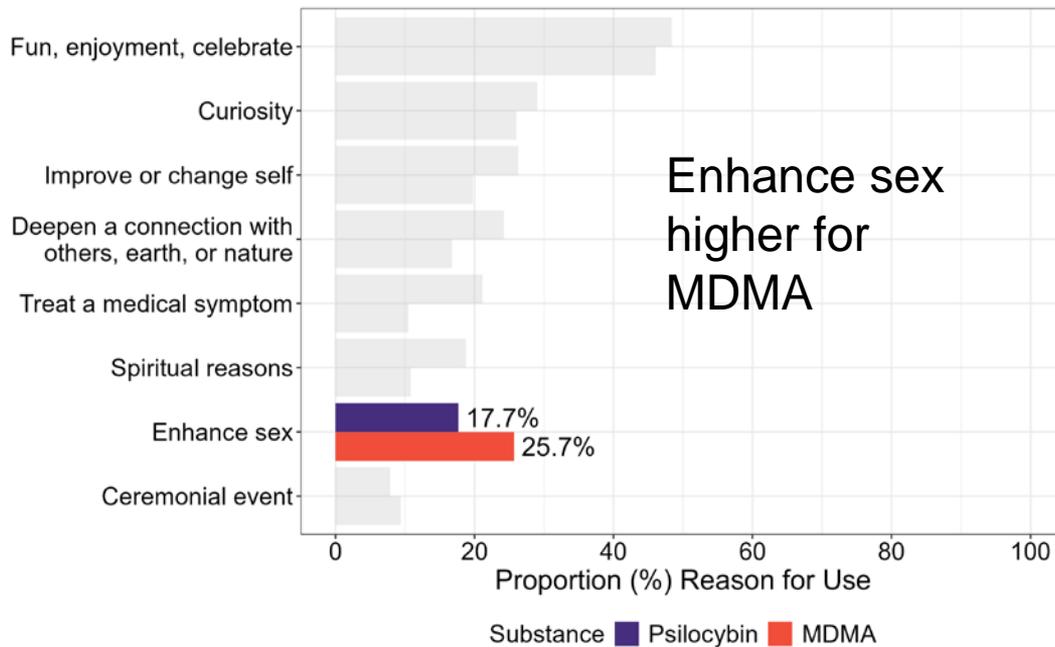


Treat medical symptom 2x greater for psilocybin



**Psilocybin & MDMA:
Despite similar
frequency of use,
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Reasons for use in last year are different by substance,
caution assuming similarity



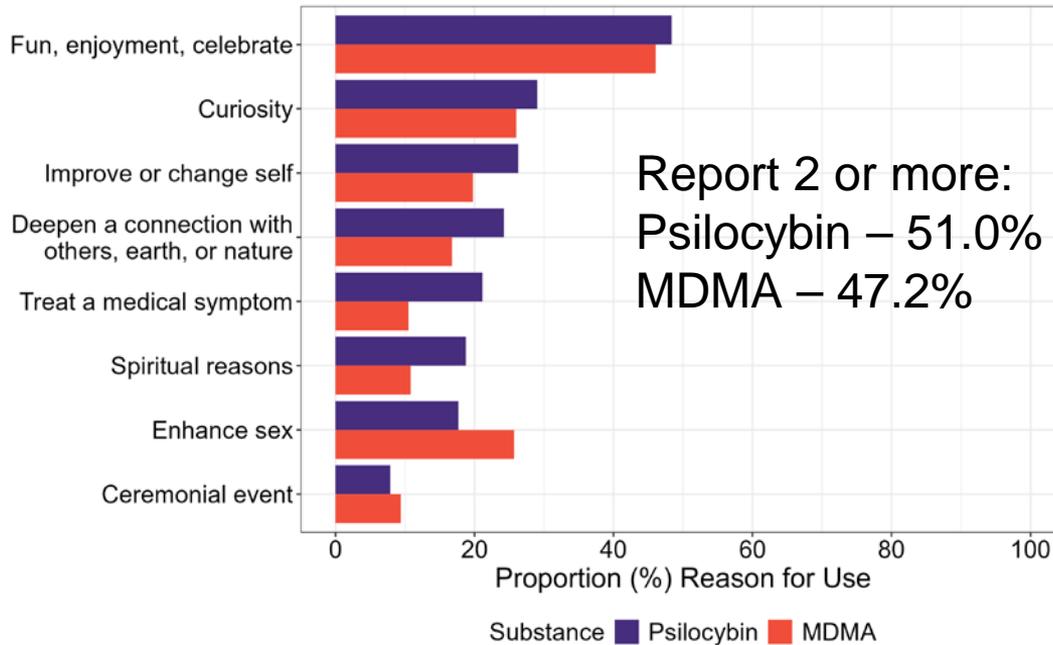
Enhance sex
higher for
MDMA



**Psilocybin & MDMA:
Despite similar
frequency of use,
differential reasons
for use**

Reasons for use in last year are different by substance,
caution assuming similarity

People are using for multiple reasons





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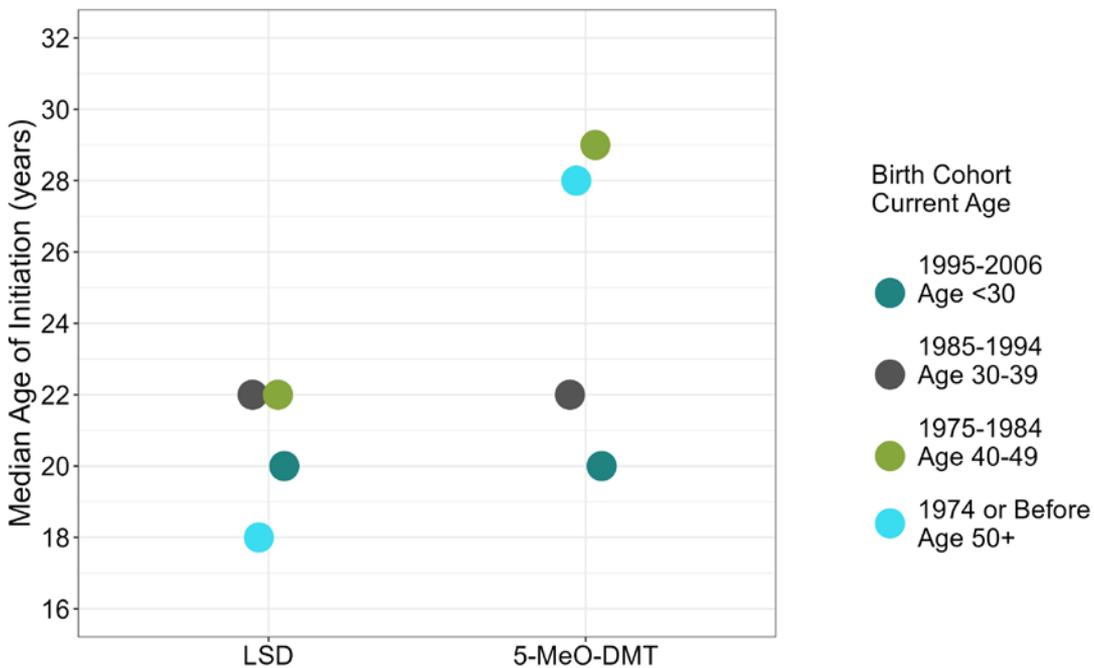
LSD & 5-MeO-DMT Experiences

Introduction to Market Dictates Use Patterns

Age of initiation among adults who used a psychedelic in last year, was correlated to introduction to market

LSD: popularized in 1960-70s

5-MeO-DMT: popularized in 1980-90s

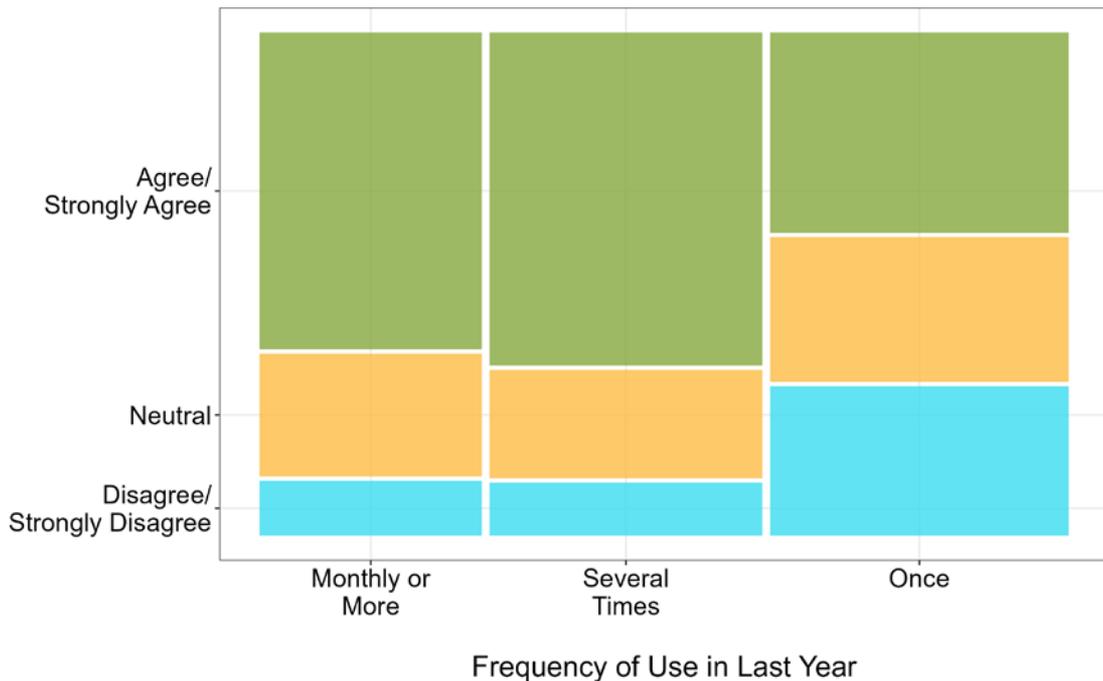


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I have **experienced personal growth** because of taking LSD the last 12 months?

Self-Perceived Personal Growth from LSD Use

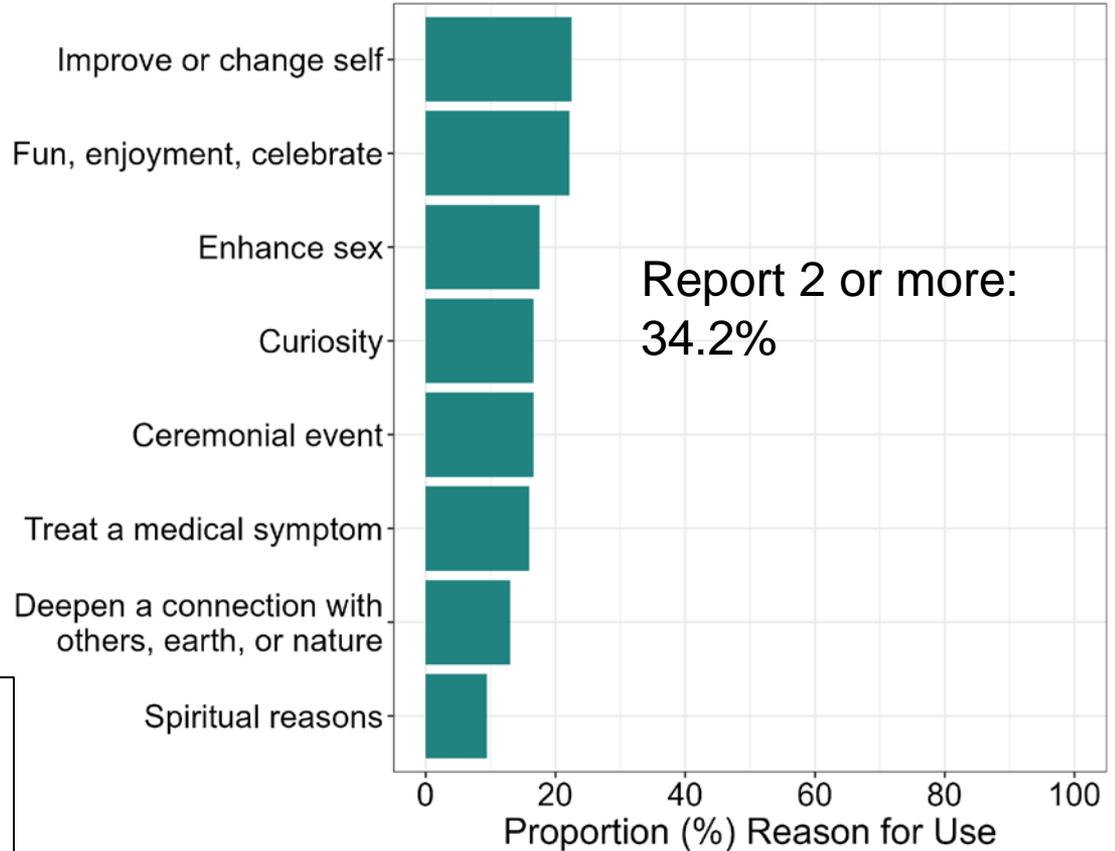
- People who use more than several times in last year report more personal growth



5-MeO-DMT Reasons for Use

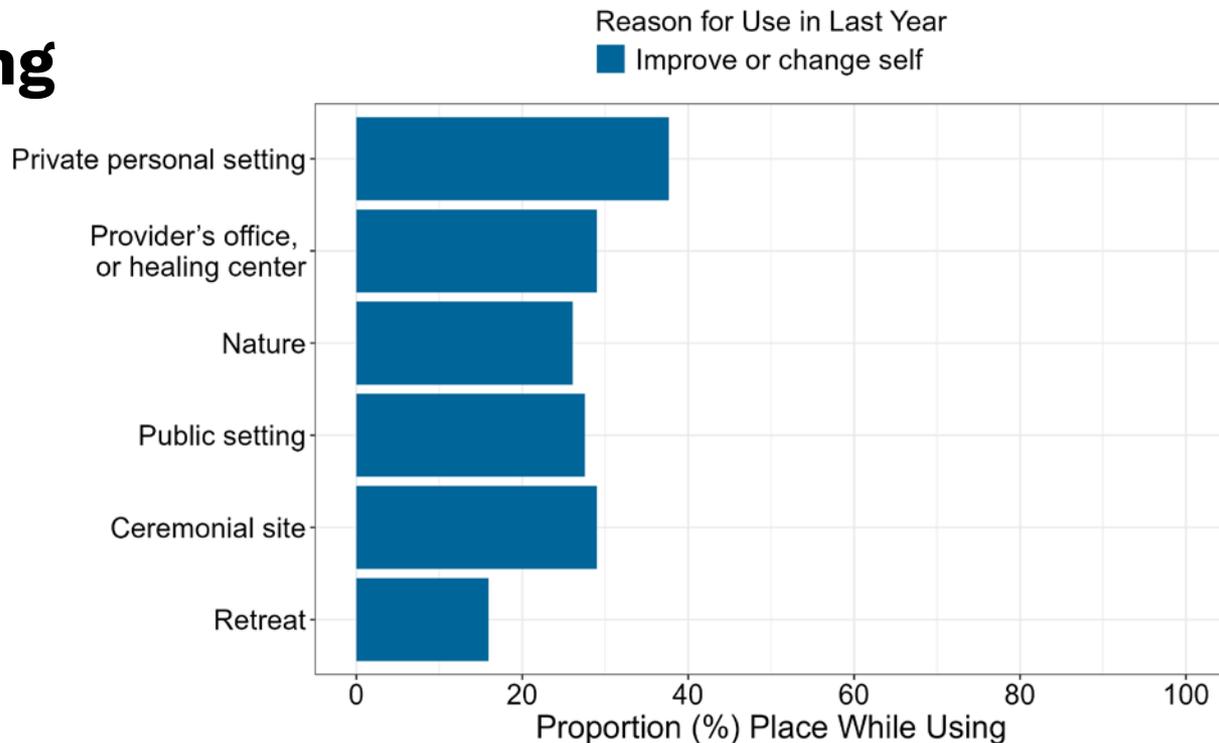
- No dominating single reason
- More varied intentions for use

Fun, enjoyment, celebration
LSD: 40.5%
Psilocybin: 48.4%
MDMA: 46.1%



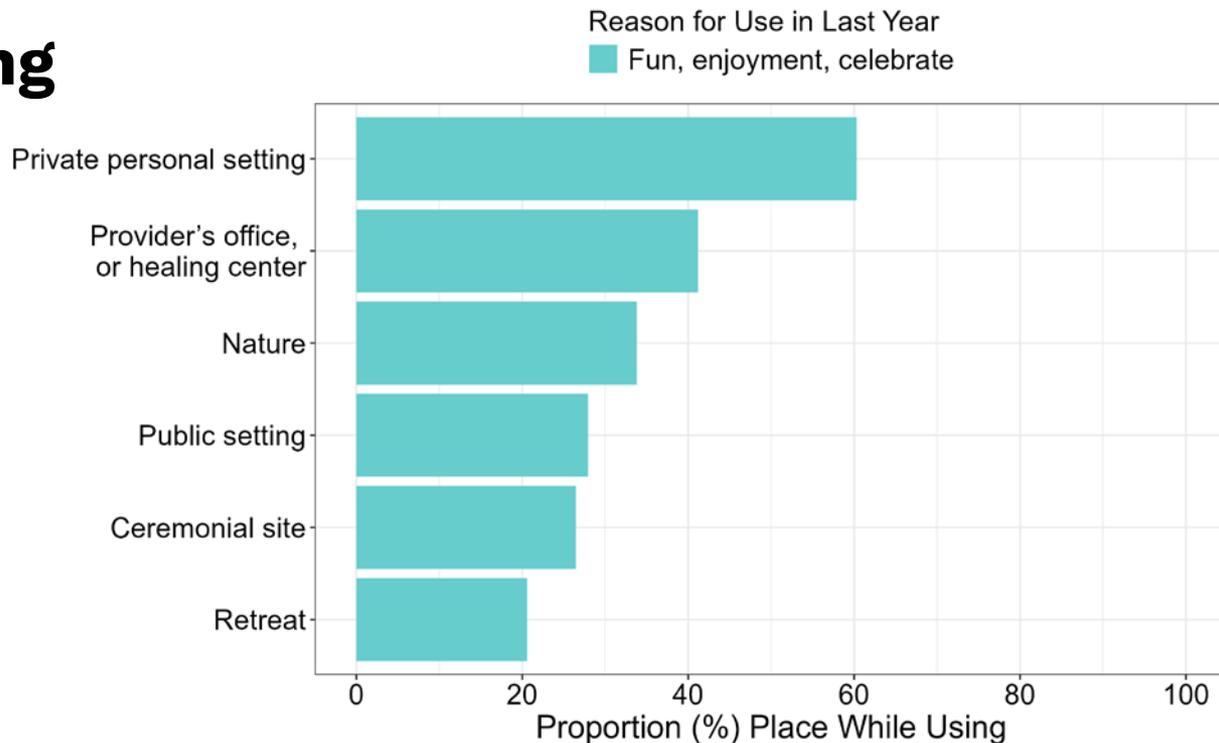
Setting when Using 5-MeO-DMT For Specific Reason

- When using for improving self, no majority setting



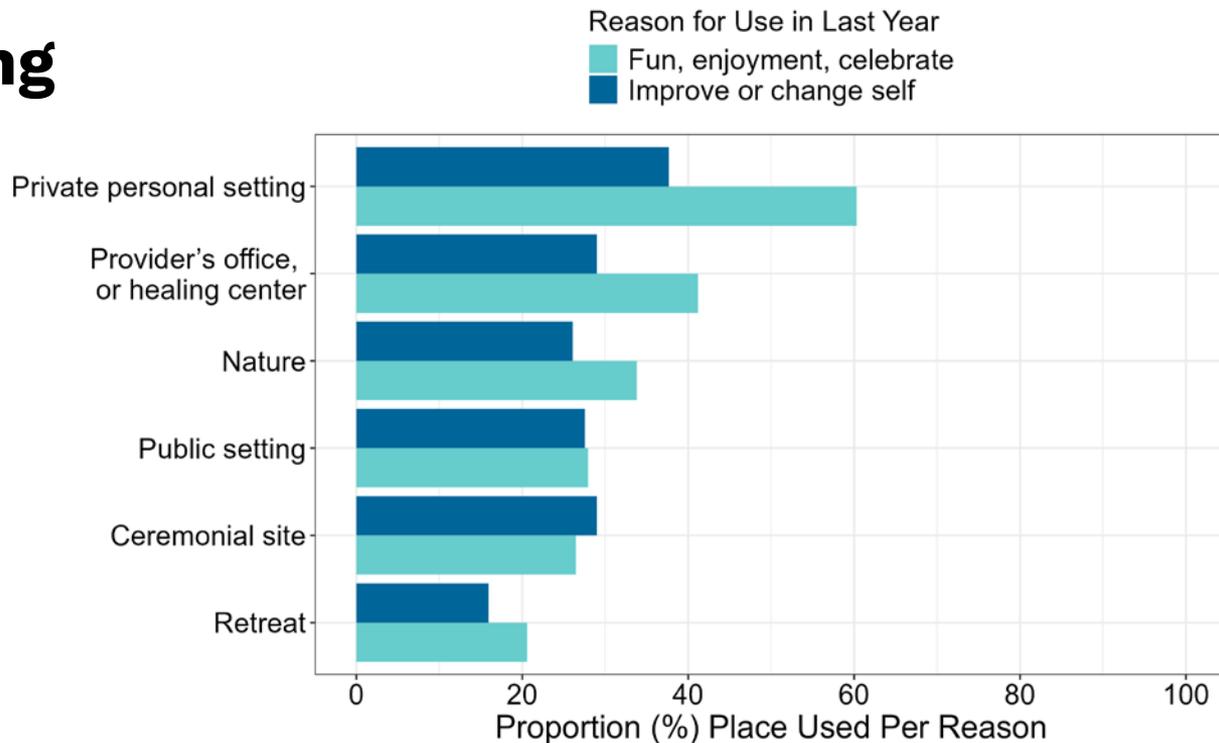
Setting when Using 5-MeO-DMT For Specific Reason

- When using for fun, more than majority say private settings



Setting when Using 5-MeO-DMT For Specific Reason

- Reason for use can dictate setting

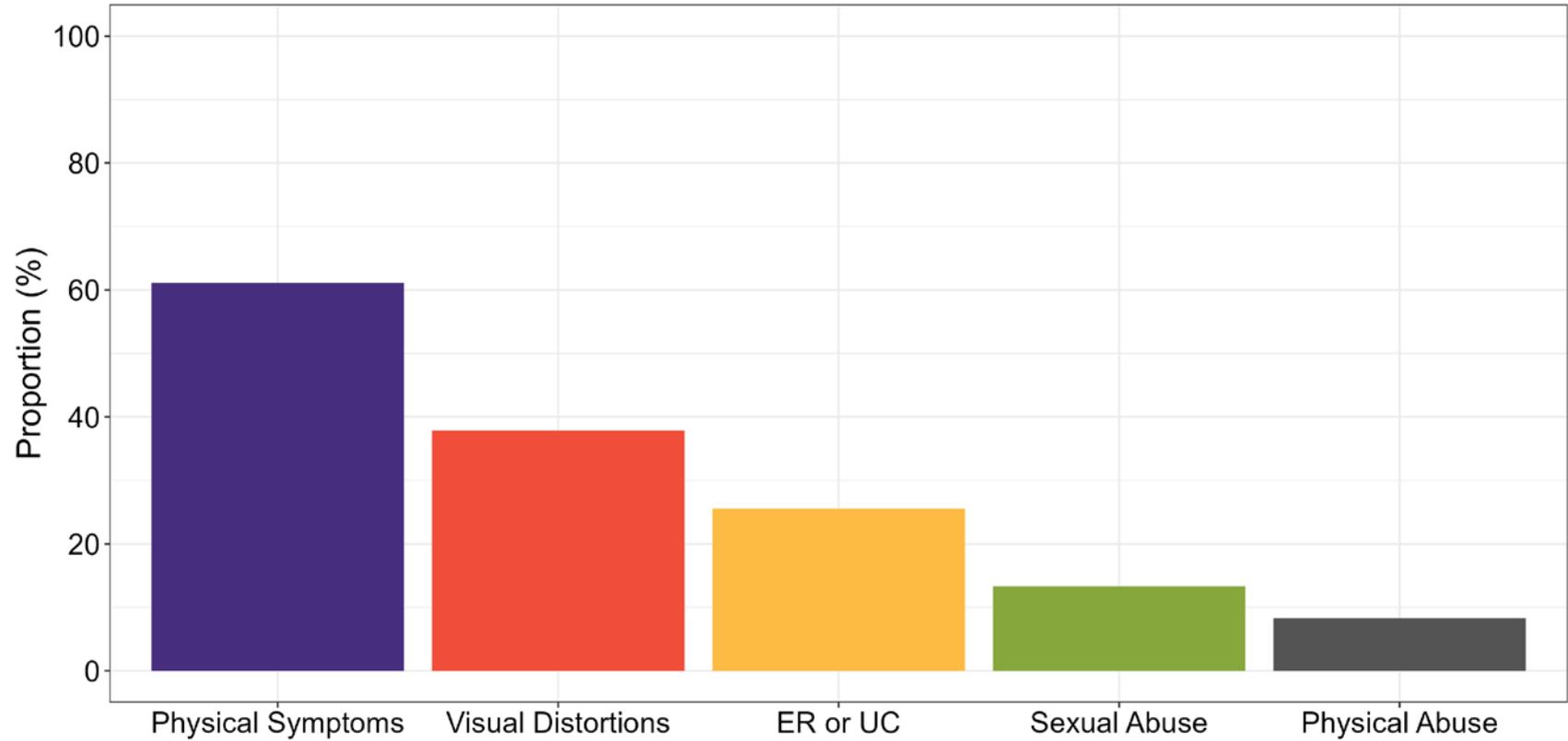




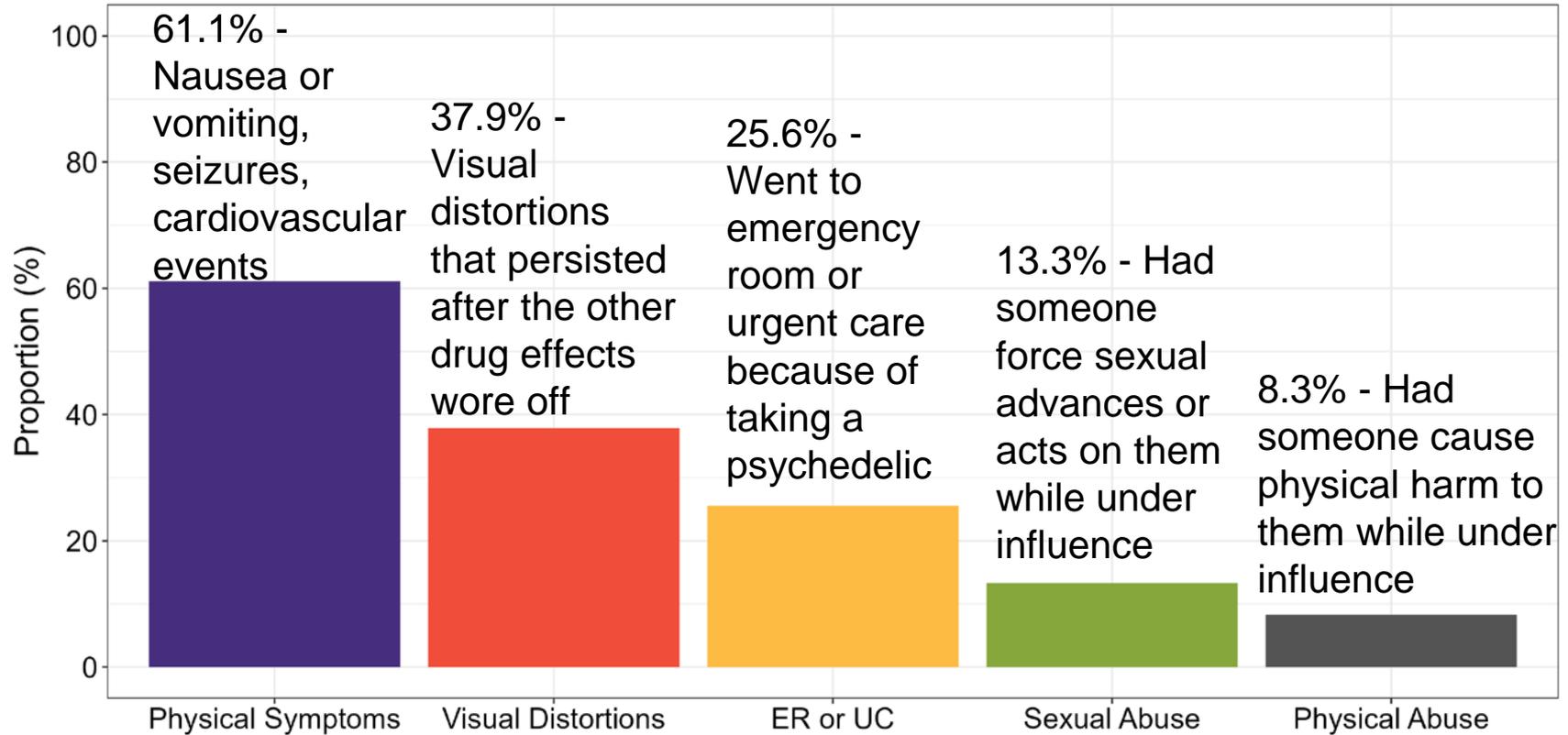
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**Among adults who used a
psychedelic in last year...**

Self-Reported Adverse Events

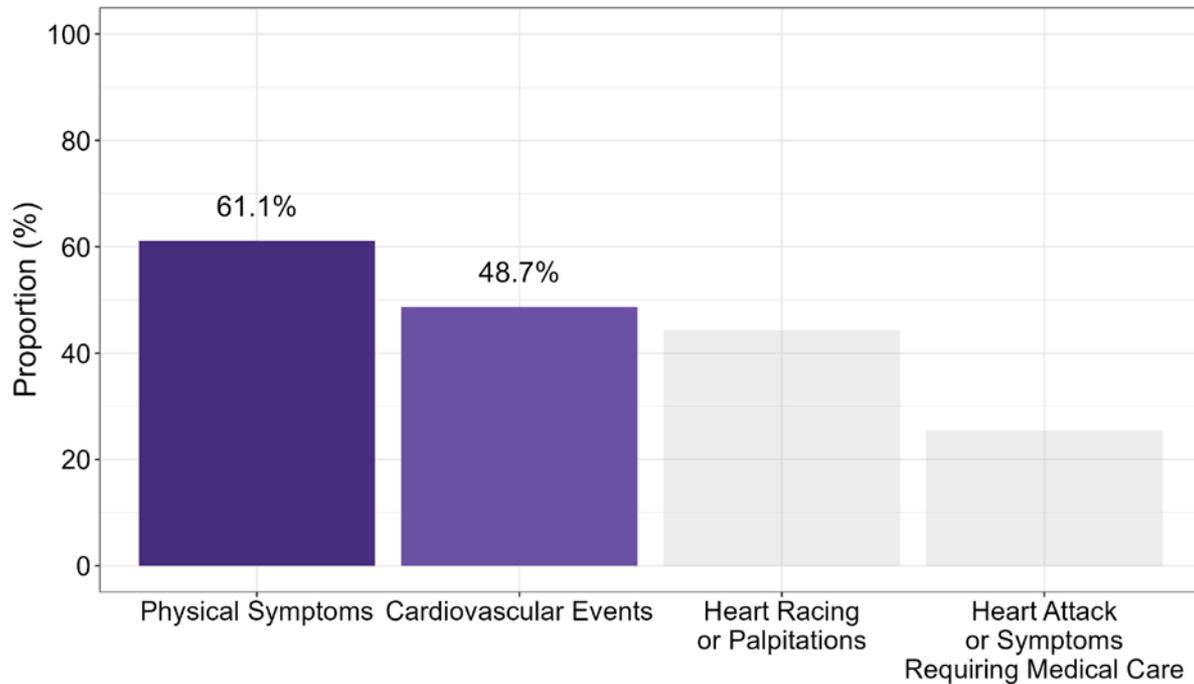


Self-Reported Adverse Events



**Cardiovascular
Events are
Commonly
Reported**

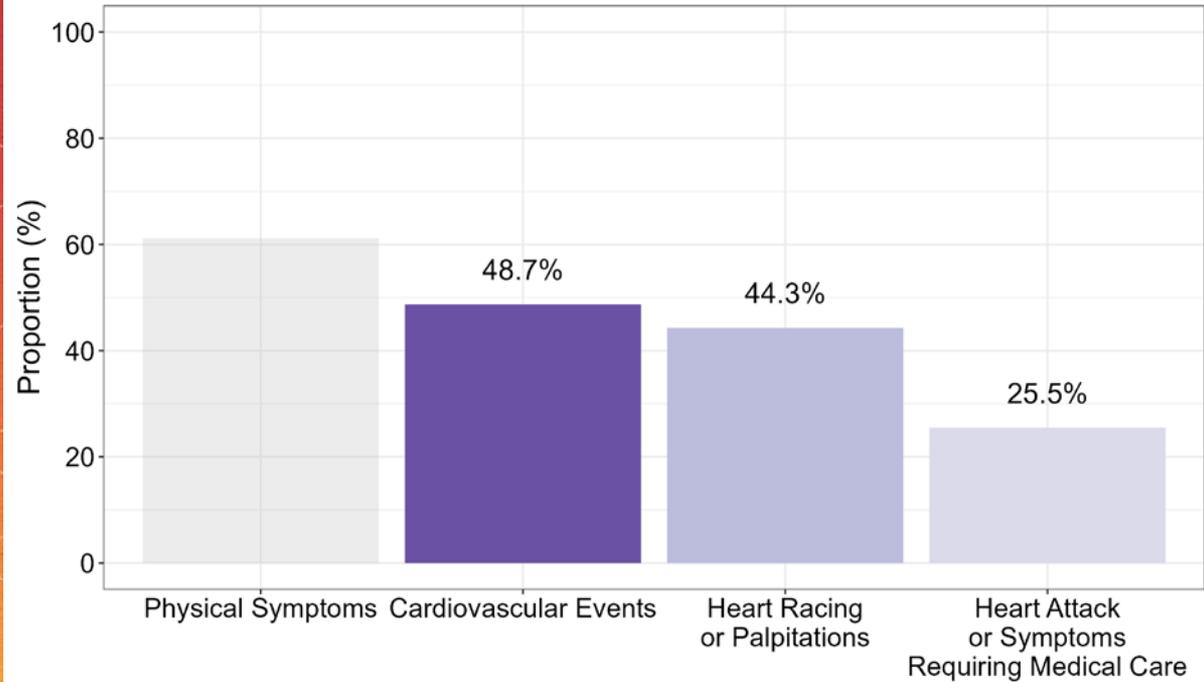
Almost half the sample report some kind of cardiovascular event in the last year while taking psychedelics



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Cardiovascular Events are Commonly Reported

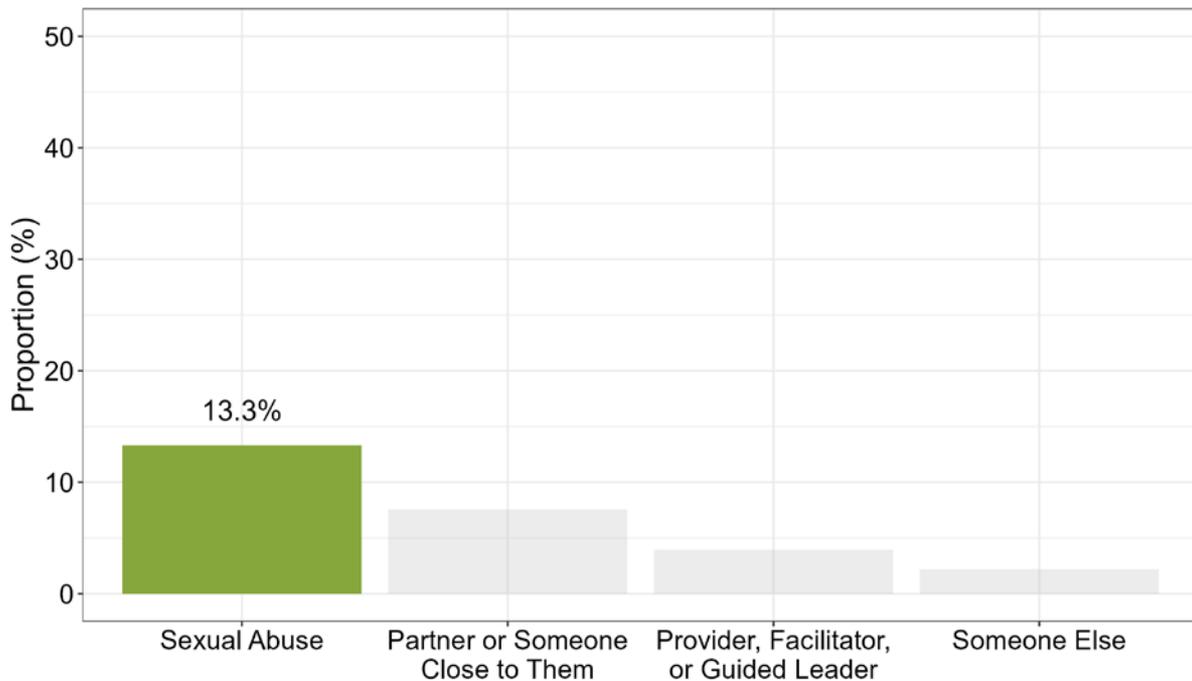
Heart racing/palpitations most common symptom
Heart symptoms needing medical care was 25.5%



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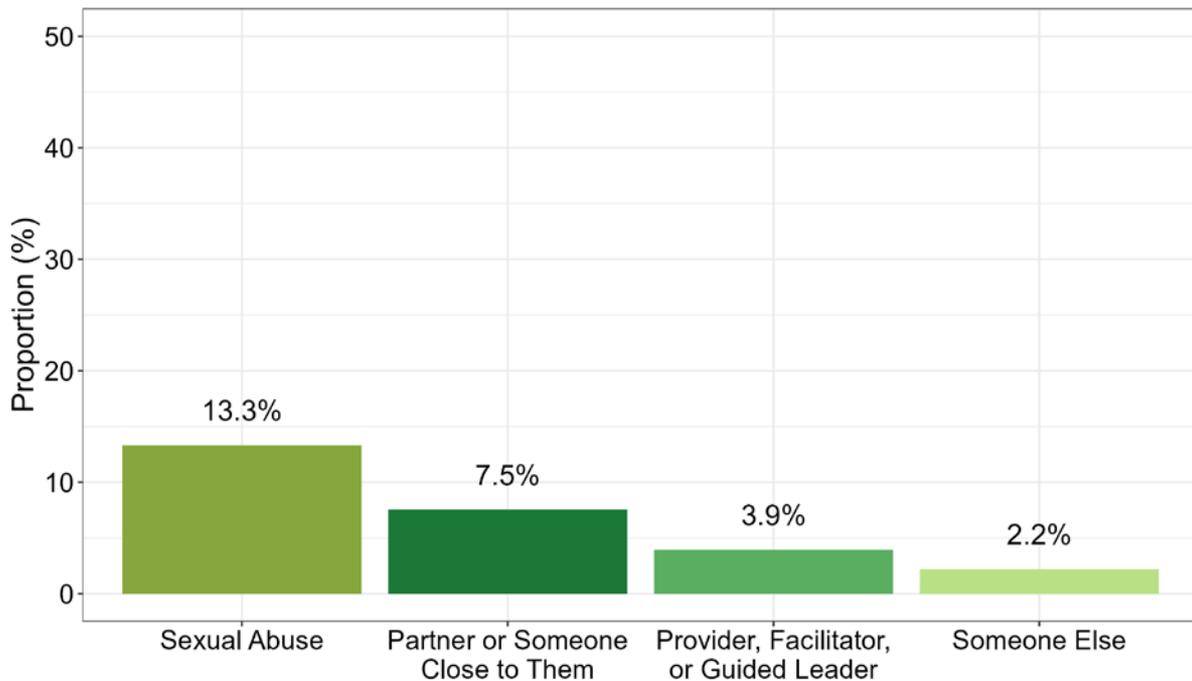
Abuse Events Should be Monitored

More than 1 in 10 had someone force sexual advances or acts on them while under influence of a psychedelic



Abuse Events Should be Monitored

People willing to report who forced sexual advances or acts on them while under influence of a psychedelic



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Limitations

1. Findings interpreted as from a sample – unadjusted for selection biases at moment
2. Cross-sectional data - describes only recent use patterns
3. Potential for under-represented groups (i.e., indigenous cultures)
4. Need more data for additional stratifications



Strengths

1. Comprehensive drug list – separation of illicit/pharmaceutical products
2. Measures safety, risks, and benefits
3. Recruitment strategy of rare population
4. Proactive bias control
5. Engaged population for research



Work in Progress

1. Content validity finalization
2. Reliability study
3. Continued topic development
4. Statistical approach for bias adjustment



First Insights

1. Differences were observed in behaviors and experiences
 - LSD/MDMA/Psilocybin have clear primary reasons (fun/enjoyment) while 5-MeO-DMT did not
2. Several unexpected responses
 - Clear disparity in depression symptomology and diagnoses
 - Report of physical/sexual abuse
3. Populations may be amenable to harm prevention & reduction strategies
 - 1 in 4 respondents perceived cardiac symptoms to be severe enough to require medical care



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Thank you!

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