

New Study Shows Psilocybin May Be Four Times More Effective At Treating Depression Than Antidepressants

A new study, reported in JAMA Psychiatry, found Psilocybin to be four times more effective at treating depression, compared to antidepressants. Psilocybin is the psychedelic substance in magic mushrooms. This research comes after research suggesting that psilocybin could ease depression and anxiety in cancer patients.

The study involved 27 people. Patients received two doses of psilocybin on two different days, in addition to 11 hours of psychotherapy. Patients were administered the drug in what Alan Davis, lead author on the study, describes as a homey but safe environment. After being administered the drug, patients were blindfolded and given headphones, and told experience whatever was happening within the trip. Half of the patients were put on a waitlist to serve as a comparison group for the other half of the group, who began treatment immediately.

The group who began treatment immediately saw a significant reduction in depression and responded much quicker compared to antidepressants.

“The effect happened within one day after the first session and sustained at that reduced level through the second psilocybin session all the way up to the one-month follow-up,”

Rigorous Study Backs A Psychedelic Treatment For Major Depression

