A person lying in a hammock over a waterfall

AI-generated content may be incorrect.

***Effective, Tested, Safe and Fully Legal Psychedelic Therapy Soon: MDMA for PTSD in 2024!!!***

* ***“Thanks to the work of MAPS over the past 35 years, MDMA-assisted therapy for the treatment of PTSD is poised to be the first legally accessible Schedule I psychedelic-assisted therapy. It is estimated this could happen as early as late 2024.”***

***The Evidence is OVERWHELMING:***

* + ***“MDMA was awarded '***[***breakthrough therapy***](https://toucan-cube-l89e.squarespace.com/config/pages/659de4703cfe0563efccc84c)***' status by the FDA in 2017 for the treatment of PTSD in order to accelerate the drug development process.***
  + ***Research into the use of MDMA to treat PTSD has reached Phase III of the clinical trial process.***
  + ***The results of this trial found that over half of the participants who received MDMA no longer qualified for PTSD diagnosis.”***

No longer qualified for a diagnosis???? Wow. What other drugs on the psychiatry market compare to this? [Breakthrough](https://toucan-cube-l89e.squarespace.com/config/pages/659de4703cfe0563efccc84c) indeed. So grateful for this new tool to treat these deserving patients.

***Key Insights about PTSD***

* + - ***“Posttraumatic stress disorder (PTSD) is a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a severe accident, a terrorist act, war/combat, or rape or who have been threatened with death, sexual violence, or serious injury.***

***Although most people who experience traumatic events may temporarily struggle to adjust and cope, PTSD symptoms often last for months or years and interfere with day-to-day functioning. …***

***These symptoms vary from person to person and can vary in intensity over time. A person must experience symptoms for more than one month to be diagnosed with PTSD by a medical professional. Furthermore, PTSD is generally grouped alongside anxiety disorders given the similar symptomology experienced.***

***The global prevalence of anxiety disorders varies from 2.5 to 7% by country, making it one of the most prevalent mental health disorders.”******…***

***“PTSD is often a chronic condition despite the availability of various evidence-based treatment options. Conventional treatments for PTSD vary from person to person. The main treatments for people with PTSD are medications, psychotherapy, or both. …***

***Several types of medications exist to help improve symptoms of PTSD, with antidepressants (SSRIs) being the most studied. The SSRIs paroxetine and sertraline are FDA approved for PTSD treatment. Moreover, anxiolytics may be used to relieve severe anxiety however, they are generally used for a short period given their abuse potential.”***

* + - ***“Researchers at MAPS conducted six Phase II trials using MDMA-assisted therapy to treat PTSD. Across the studies, researchers observed significant and sustained decreases in PTSD, measured using the most widely used PTSD scale,***[***CAPS-5***](https://blossomanalysis.com/measures/clinician-administered-ptsd-scale-for-dsm-5/)***. A***[***pooled analysis***](https://blossomanalysis.com/papers/long-term-follow-up-outcomes-of-mdma-assisted-psychotherapy-for-treatment-of-ptsd-a-longitudinal-pooled-analysis-of-six-phase-2-trials/)***of the results of these six trials showed MDMA-assisted therapy had a very large effect, with 56% of participants no longer meeting the criteria for PTSD. Moreover, improvements in symptoms were sustained 1 to 3.8 years post-treatment.***

***Following the success of the Phase II Trials, MAPS recently carried out the world’s first Phase III clinical trial into MDMA-assisted therapy for PTSD. Led by Jennifer Mitchell, the trial consisted of 90 participants and took place across 15 studies in the US, Canada, and Israel. Participants underwent three preparatory therapy sessions and nine integrative therapy sessions following three experimental sessions with MDMA.***

***MDMA (8-120mg) was found to induce a significant and robust reduction in CAPS-5 scores compared with placebo. 67% of participants in the MDMA group no longer qualified for PTSD … As of January 2022, MAPS has been granted an Innovation Passport in the U.K for MDMA as an adjunct to therapy for PTSD. While this designation does not reduce the need for MDMA to demonstrate both safety and efficacy, it aims to accelerate the drug development process by providing researchers with expert advice, patient input and collaboration throughout the clinical trial design and development process.” …***

* + - ***“Other psychedelics***

***Another survey study (n=51) assessed the effects of***[***ibogaine***](https://blossomanalysis.com/compound/ibogaine)***and***[***5-MeO-DMT***](https://blossomanalysis.com/compound/5-MeO-DMT)***treatment in U.S Special Operations Forces Veterans who had sought treatment with these substances in Mexico. The results indicated significant and large reductions in symptoms of PTSD as well as suicidal ideation, depression and anxiety. Nonetheless, controlled studies will be needed before any definitive conclusions can be drawn.”***

*Blossom Analysis by Blossom. (2023, May 19). Psychedelics & PTSD. Topic POSTTRAUMATIC STRESS DISORDER. https://blossomanalysis.com/topic/ptsd/*