Microdosing Benefits

Outlook

Categories: 11 Concepts: 21 Codes: 46

Creativity	Improved Mood	Improved Focus	Self- Efficacy	Improved Energy	Social Benefits	Cognitive Benefits	Reduced Anxiety	Physiological Enhancement	Benefits	Reduced Symptoms (Other)
Concepts: 2	Concepts: 3	Concepts: 2	Concepts: 2	Concepts: 1	Concepts: 1	Concepts: 1	Concepts: 1	Concepts: 3	Concepts: 3	Concepts: 2
Codes: 3	Codes: 7	Codes: 4	Codes: 7	Codes: 4	Codes: 4	Codes: 3	Codes: 2	Codes: 4	Codes: 5	Codes: 3
Creativity	Improved Mood	Improved Focus	Self-Efficacy	Improved	Social Facilitation	Cognitive Enhancement	Reduced	Physiological Enhancement	Novelty	Reduced
Creativity	Improved	Improved Focus	Improved Motivation	<i>Energy</i> Improved Energy	Sociability	Cognitive	Anxiety Reduced Anxiety	Physiological	Novelty	Stress Reduced Stress
	Reduced Depression		Improved Productivity	Alertness	Empathy	Clarity of Thought	Reduced Social Anxiety	Sleep		Reduced Trauma Sensitivity
Meta-Creative Processes	Calm	Awareness	Confidence	Wakefulness	Connection	Memory			Misc	
Perspective Shifting		Heightened Awareness	Sense of Agency	Stimulation	Improved Communication Skills			Reduced Aches	Lack of Side- Effects	Reduced Substance Dependence
Openness		Mindful Presence						Reduced Headaches	Dose Control	Reduced Substance Dependence
	Emotional Intelligence	Engagement	Self-Care						Misd	
			Self-Care					Sensory Enhancement		
	Improved Outlook		Introspection					Improved Senses	None	
	Spirituality		Improved Meditation						None	
	Appreciation Positive									

Microdosing Challenges

Categories: 11 Concepts: 23 Codes: 44

Illegality	Impaired Mood	Impaired Focus	Self- Interference	Impaired Energy	Social Interference	Cognitive Interference	Increased Anxiety	Physiological Interference	Other Perceived Challenges	Increased Symptoms (Other)
Concepts: 3	Concepts: 3	Concepts: 1	Concepts: 2	Concepts: 2	Concepts: 1	Concepts: 1	Concepts: 1	Concepts: 3	Concepts: 4	Concepts: 2
Codes: 5	Codes: 7	Codes: 1	Codes: 2	Codes: 2	Codes: 2	Codes: 3	Codes: 3	Codes: 6	Codes: 9 <i>Unknown</i>	Codes: 4
Illegality	Impaired Mood	Impaired Focus	Self- Interference	Excess Energy	Social Difficulty	Cognitive Interference	Increased Anxiety	Physiological Interference		After Effects
Illegality	Negative Emotionality	Poor Focus	Dissociation	Restlessness	Social Overengagemen t	Confusion	Anxiety	Sleep Disturbances	Unknown Risk- Effect Profile	Psychological Dependence
	Irritability				Reduced Communication Skills	Racing Thoughts	Social Anxiety	GI Issues		Tolerance
Substance Reliability	Ence d'annel		Self-Sabotage	Inadqeuate Energy		Memory	Existential Anxiety	Decreased Appetite	Misc	Comedown
Dose Accuracy	Emotional Difficulty		Rumination	Fatigue					Misc	
	Emotional Depth							Increased Aches	-	Adverse Psychological Events
Financial Cost	Emotional Instability							Body Discomfort	Lack of Positive-Effects	Adverse Psychological Events
	Mania							Headache	Substance	
Stigma									Effects	
Stigma	Impaired							Sensory	Negative Drug	
O	<i>Outlook</i> Unusualness							<b>Disruption</b> Visual Effects	Interactions Pupil Dilation	
	Fear							Visual Effects	Bad Taste	
	1 041	ı							Duration	
									Concerns	
									None	
									None	