

# Psychedelics and Wellness Study (PAWS): Psychedelic Use and Its Impact on Long-term Wellness and Holistic Mental Health & Behavioral Markers – Results from an Online Anonymous Nationwide Survey of Adults



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## Introduction

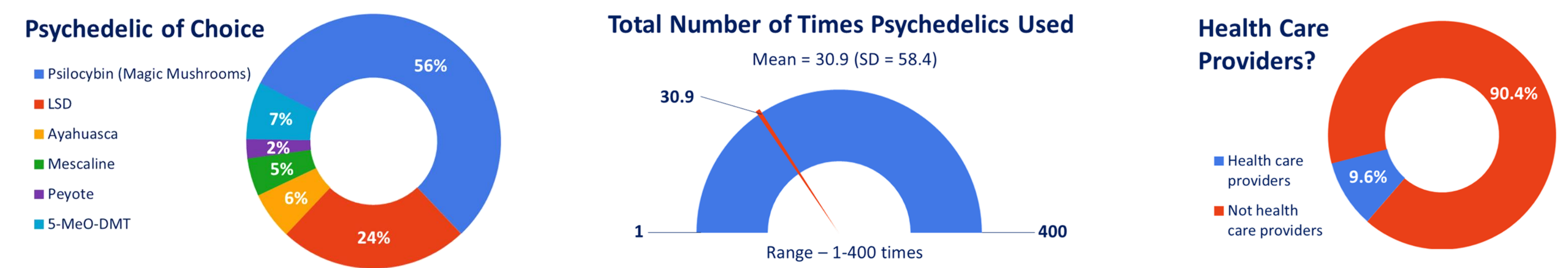
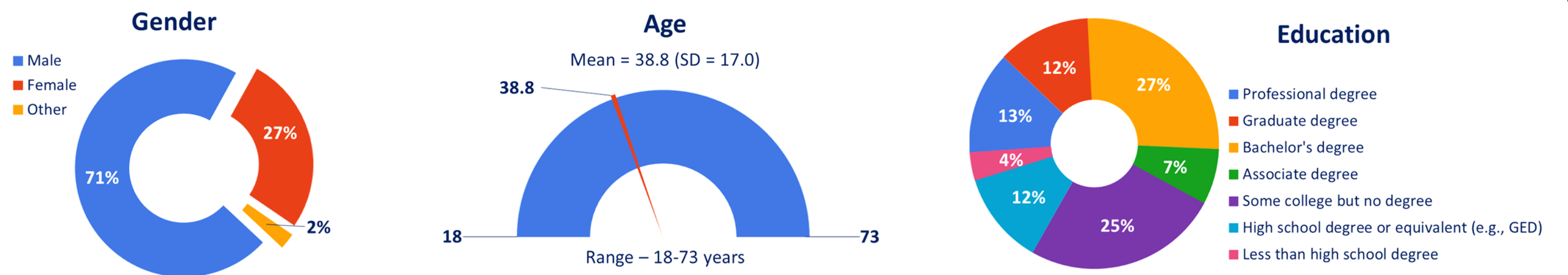
**Objective:** Research in the use of psychedelics in psychiatric disorders is rapidly progressing. Disorders such as treatment resistant depression, anxiety disorders, and PTSD are among those currently being studied. However, not much is known about the impact of the use of psychedelics and changes in wellness and pro-social behaviors. This survey intends to fill this research and educational gap by conducting an in-depth anonymous online survey of U.S. adults, investigating the impact of past psychedelic use and the impact on wellness.

**Method:** 83 adults (average age 38.8 years, SD = 17), completed an online, anonymous survey and provided detailed information of their before and after mood, anxiety, wellness and multiple other markers of pro-social behaviors. The average number of past psychedelic use was 30.9 (SD = 58.4). No identifying information was collected. We used well-established measurement tools such as the PHQ-9 to measure depression, GAD-7 to measure anxiety, the HERO Wellness Scale for wellness measurement, and the Clinical Global Impression – Improvement scale for multiple other measures of change examining before and after psychedelic use.

**Results:** Robust changes were found in all markers – levels of depression and anxiety were lower in these psychedelic experienced individuals. PHQ-9 scores decreased from 9.8 to 4.5, and GAD-7 scores decreased from 8.7 to 3.8, both with a  $p<.001$ . Wellness markers of happiness, enthusiasm, resilience, and optimism were similar numerically and were statistically significant, when comparing levels before psychedelic use to post psychedelic use. Additionally, pro-social behaviors were noted as improved by participants, as were connection to nature, community, etc.

## Conclusions

Results from this survey inform psychiatry of the wellness-enhancing effects of past psychedelic use. While there were a few (approximately 2 percent of survey respondents) who reported a decrease in wellness as a result of past psychedelic use, the overwhelming majority reported a broad-based, multi-factorial improvement in mood, anxiety, and multiple aspects of wellness and behaviors. This is an important finding as it alerts psychiatry to the wide-ranging benefits individuals could potentially derive from psychedelics.



## As a result of your psychedelic experience(s), how would you rate the change in your:

N=83

