**v1.0 ENHANCE Psilocybin Video\_Final**

0:01
Activating neuroplasticity to enhance the perception box.

0:05
Expanding effects of psilocybin.

0:08
The enhanced study.

0:10
Understanding the potential effects and risks of psilocybin, and study participation.

0:19
Welcome and thank you for your interest in participating in our psilocybin study at the University of Wisconsin, Madison.

0:27
This video will provide information on psilocybin, its potential effects, and the possible risks associated with participating in this study.

0:37
Please take your time and listen to this video carefully.

0:43
What is psilocybin?

0:46
Psilocybin is a naturally occurring psychoactive compound found in certain species of mushrooms, often referred to as magic mushrooms.

0:55
Psilocybin can also be made in a lab.

0:59
Psilocybin is an experimental drug, which means that it hasn't been approved for sale or medical use by the Food and Drug Administration in the United States.

1:10
It's also controlled substance, meaning that it's illegal to use outside of research in most states in the United States.

1:20
Psilocybin is also classified as a psychedelic drug.

1:24
The term psychedelic comes from the Greek words translating roughly to mind manifesting.

1:32
Psychedelic substances are known for their ability to alter consciousness, meaning that they can alter your perception, your mood, and your thought processes.

1:44
Psychedelis can evoke vivid sensory experiences, including changes to visual, auditory, and tactile sensations, and can shift your perception of time, space, and even your sense of self.

2:00
The effects of psilocybin can vary widely from person to person, or even within the same person across different experiences.

2:09
A variety of factors can influence a psilocybin experience, including the dosage, the route of administration, mindset that is the mental and emotional state leading up to and during the experience, and setting that is the environment within which the experience takes place.

2:32
The research team can control for some of these factors, but ultimately it's important to know that psychedelic experiences are unpredictable.

2:43
Please keep this in mind as you consider whether this research is right for you.

2:50
In this study, you'll receive a 25 milligram dose of psilocybin in a capsule, which you'll swallow with water.

2:58
On the psilocybin dosing day, you'll be in a research facility that's been modified to have a living room type feel, and you'll be invited to lay down on a couch and listen to a standardized music playlist after you've taken the psilocybin.

3:14
Throughout the entirety of the psilocybin dosing day, you'll be accompanied by two trained research personnel called facilitators, who will monitor your safety and provide additional support as needed.

3:27
Your facilitators will also meet with you before the dosing day in preparation sessions to help you prepare for the experience, as well as afterwards in integration sessions to help you integrate or process and make sense of the experience.

3:46
At a 25 milligram oral dose, most people will begin to feel the effects between 30 minutes and an hour after administration.

3:55
The effects will be strongest between approximately 1 and 3 hours after administration, and thereafter will begin to diminish by about 5 or 6 hours after administration.

4:08
Although it can be more, most if not all of the effects will have subsided.

4:15
It's important to note, however, that many report feeling more emotionally sensitive or reflective in the hours, days, or even weeks after psilocybin dosing.

4:28
It's also important to note that you will be required to stay at the research facility for a minimum of eight hours after psilocybin administration and that you will not be allowed to drive or operate heavy machinery for the rest of the day.

4:44
Because of this, you're required to identify a local support person, that is, a local person who is a safe and trusted friend or family member who will be available to transport you home after the research team has determined that it is safe for you to leave the research facility.

5:05
Now let's review some of the commonly reported effects of psilocybin altered perception.

5:12
This can involved changes in visual perception, such as intensified colors, visual distortions of people or objects in the room, and the perception of geometric shapes or other types of images.

5:28
With your eyes opened or closed, sounds may seem different and your sense of touch, taste and smell can also be altered or enhanced.

5:40
Changes in thought and emotion.

5:45
Thoughts may become more fluid or non linear and you may experience a wider range of emotions as well as a greater intensity of emotions from joy and awe to sadness, grief and anxiety.

6:03
Altered sense of time and space-time may seem to speed up or slow down, and your perception of your body and the space and the surrounding environment may seem to change.

6:18
Transpersonal experiences Some individuals may report having experiences that bring them beyond their sense of personal identity.

6:29
Some of these experiences include a sense of profound unity, a sense of deep knowing or understanding, ego dissolution, that is the dissolution of your personal identity, ineffability, that is, the inability to describe what you're experiencing, and a connection to something mysterious or something larger than yourself.

7:01
Introspective insights Psilocybin can facilitate introspection and self reflection, potentially leading to new perspectives on yourself, others, and your beliefs and lived experiences.

7:18
While research suggests potential benefits, it's important to be aware of the risks associated with psilocybin and participation in this study.

7:28
Some of these risks include psychological distress.

7:33
Some individuals may experience challenging or psychologically distressing reactions to the psilocybin.

7:41
This can involve feelings of fear, anxiety, paranoia, confusion, panic, or feeling a sense of being out of control and overwhelmed.

7:52
Some may also experience a sense of existential distress or confusion either during or after the experience.

8:01
These experiences are generally temporary but can be emotionally intense and distressing.

8:09
The re emergence of difficult memories.

8:13
Psilocybin can bring to the surface unresolved emotions and traumatic memories which can be unpredictable and challenging to experience.

8:25
Physical discomfort Some participants may experience physical symptoms such as headache, nausea, increased heart rate and blood pressure, limb heaviness, and unusual or unsettling physical sensations.

8:43
Temporary impairment.

8:45
Psilocybin will temporarily impair your judgment, coordination, and reaction time.

8:52
This is why it's so important for you to stay at the research site under the supervision of the study team while under the effects of the psilocybin.

9:03
The safety and well-being of our participants is our top priority, and we've implemented a variety of measures to minimize the potential risks to you.

9:14
These measures include medical and psychological screening.

9:19
We have a comprehensive screening procedure in place to assess your suitability for research participation.

9:27
It's important that you provide us with accurate information regarding your well-being, your health, and your lived experiences.

9:36
Preparation, dosing and integration support.

9:42
Your facilitators will help to prepare you for your psilocybin experience.

9:46
We'll provide support throughout the entirety of your experience, and we'll provide support in processing your experience afterwards.

9:57
Research team Support.

9:59
The research team is available to answer any questions and to provide support to you throughout the entirety of your participation.

10:08
The right to withdraw You have the right to withdraw from the study for any reason, at any time, without penalty.

10:19
Your active participation and open communication is crucial to the success of this research.

10:26
We ask you to please ask questions.

10:29
Please don't hesitate to ask questions of any of us at the research team throughout the entirety of your study participation.

10:37
Be open and honest To help keep you safe, we ask that you please provide information regarding your health, lived experiences, well-being, and feelings openly and honestly.

10:52
Follow Instructions Please adhere to any instructions and guidelines provided to you by the research team.

11:01
Communicate concerns If you experience any discomfort or have any concerns during your participation or after your participation, please contact the study team.

11:17
Thank you again for considering participation in our study.

11:21
If you have any further questions, please contact the research team using the information provided on the screen.

11:29
We look forward to talking with you.