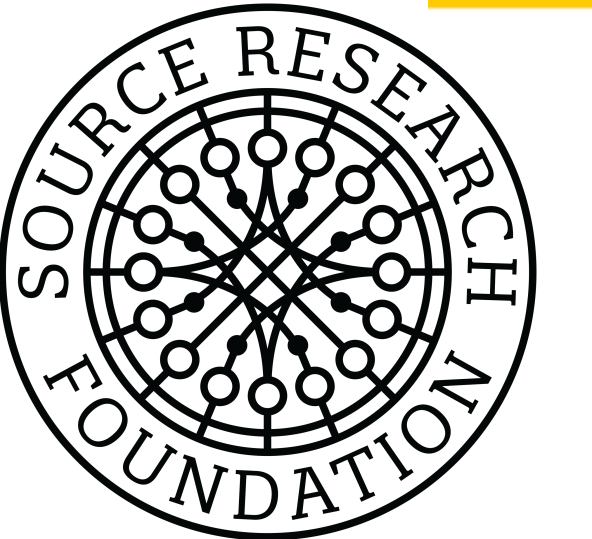


# 5-Methoxy-N,N-Dimethyltryptamine (5-MeO-DMT): Patterns of use, motives for consumption, and acute subjective effects

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## Introduction

- 5-Methoxy-N,N-Dimethyltryptamine (5-MeO-DMT) is a natural psychoactive indolealkylamine substance found in several plants and in high concentrations in Bufo alvarius toad venom.
- 5-MeO-DMT is a potent, fast-acting, psychedelic substance. In animal models, 5-MeO-DMT acts as a non-selective 5-HT agonist, active at both the 5-HT<sub>1A</sub> and 5-HT<sub>2A</sub> receptors.
- Human self-experiments describe the subjective effects of synthetic 5-MeO-DMT as similar to other classic hallucinogens, including a distortion in time perception, and auditory and visionary distortions, with peak effects between 35-40 minutes after insufflation. Inhalation (e.g., smoking or vaporizing) is also a common means of consumption with initial onset of effects within 60 seconds and peak total duration of effect between 5 and 20 minutes.
- Motivations to use include spiritual, recreational, and psychotherapeutic experiences, but prevalence and use characteristics are unknown. Furthermore, a lack of empirical evidence limits understanding of the potential clinical applications of 5-MeO-DMT which are reported to be similar to other tryptamines (e.g., psilocybin).

## Primary Study Aim

- Examine the patterns of use, motivations for consumption, acute subjective effects, and potential consequences and psychotherapeutic effects of 5-MeO-DMT among an international sample of 5-MeO-DMT users.

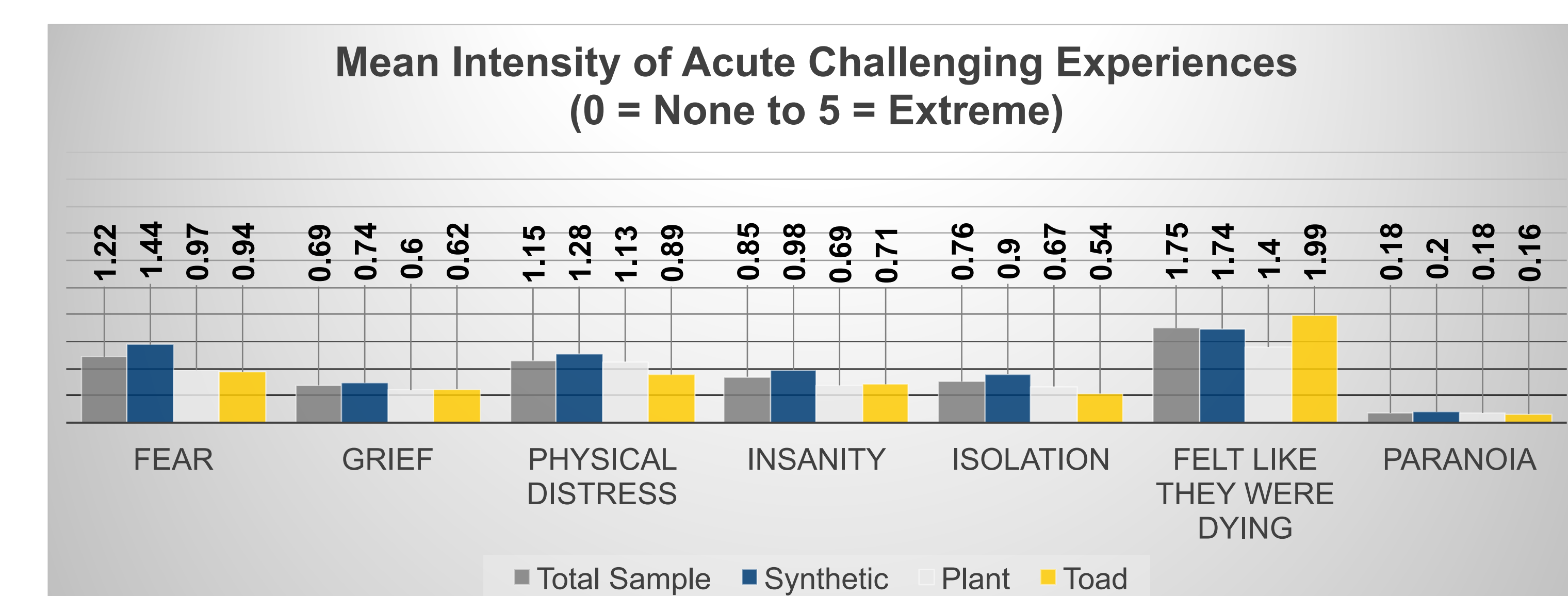
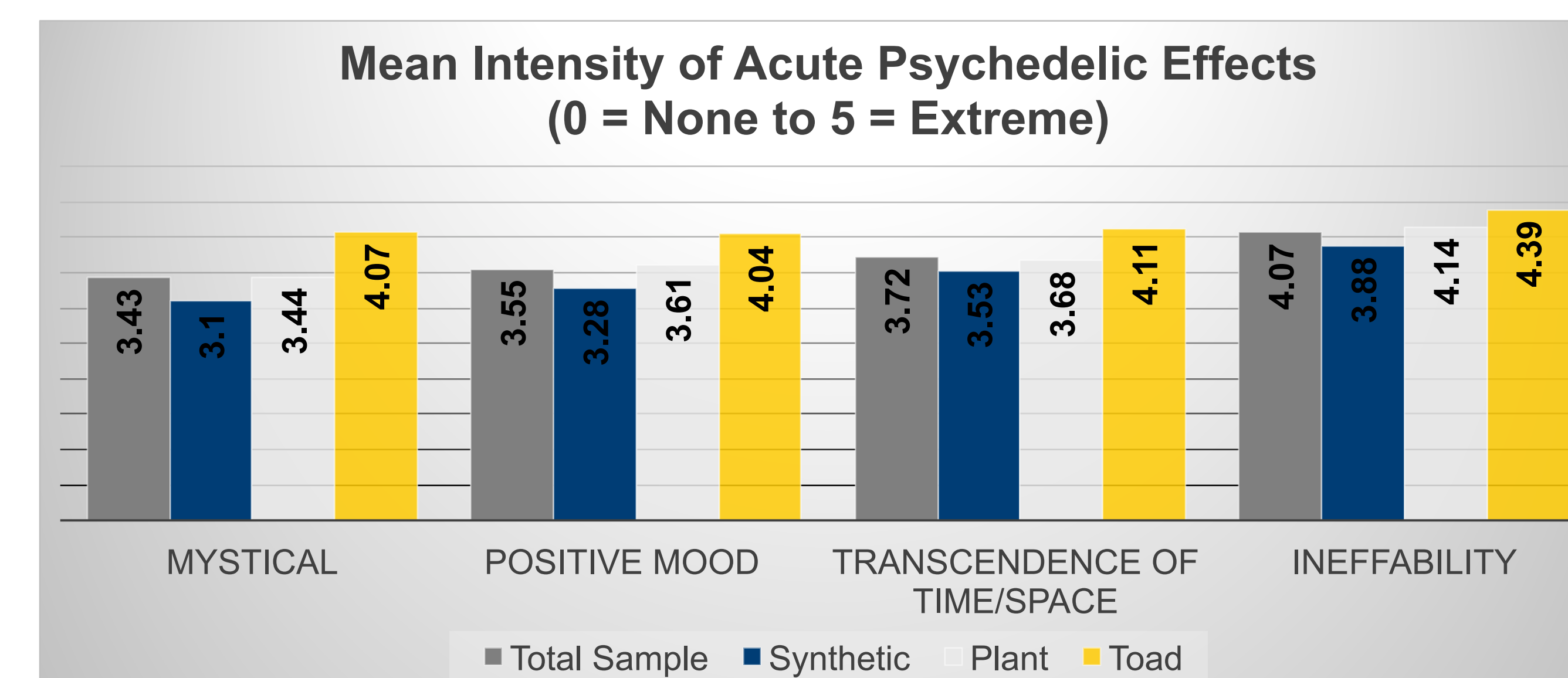
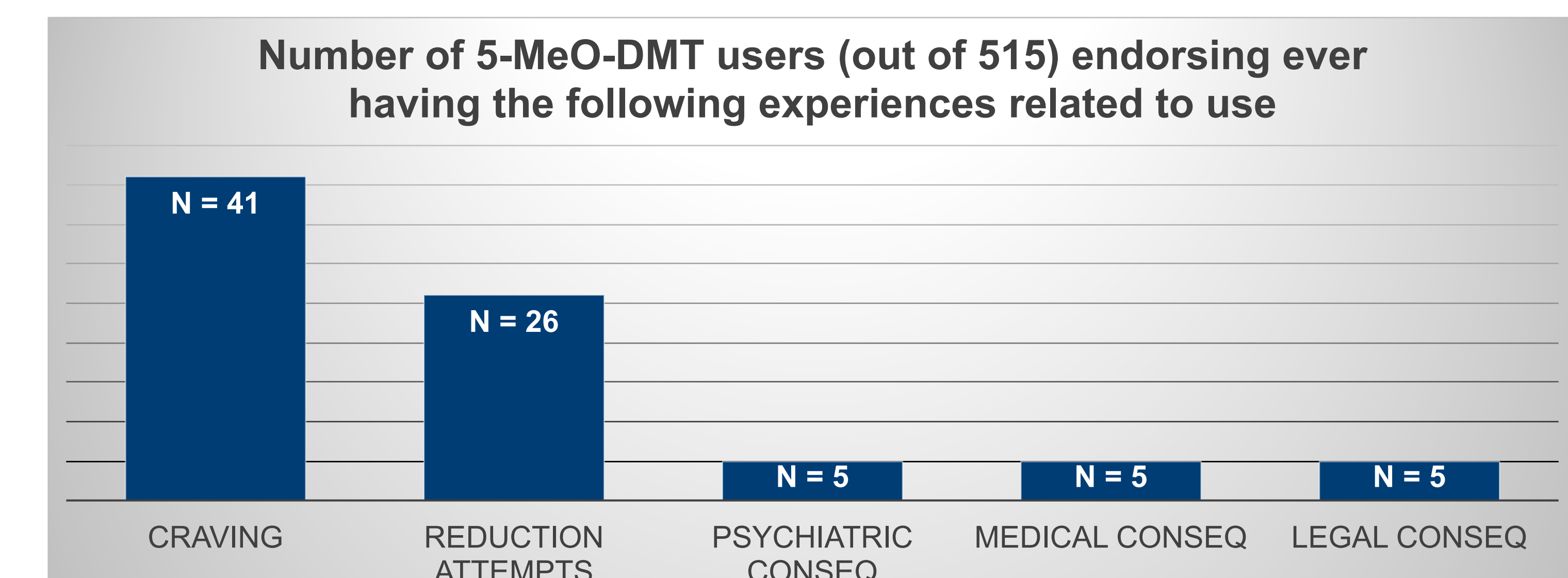
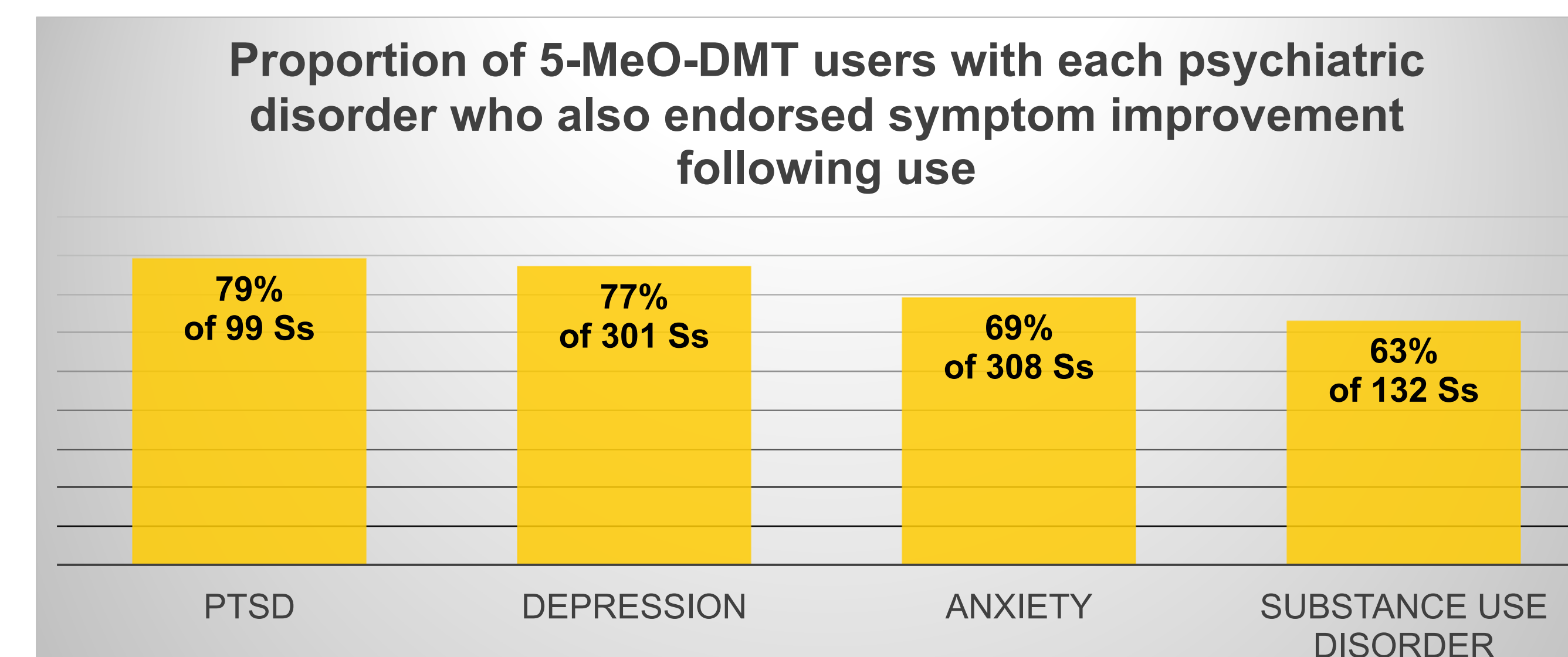
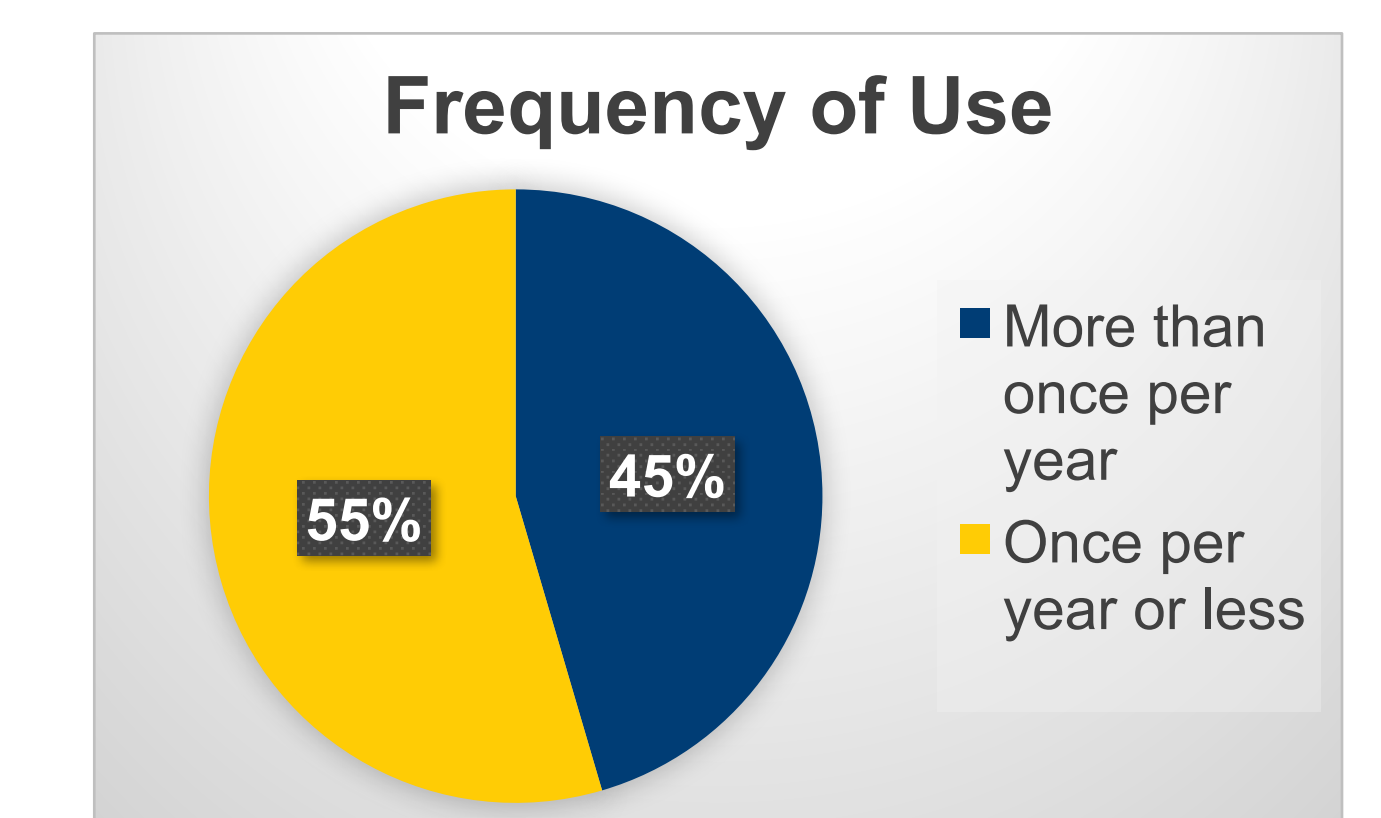
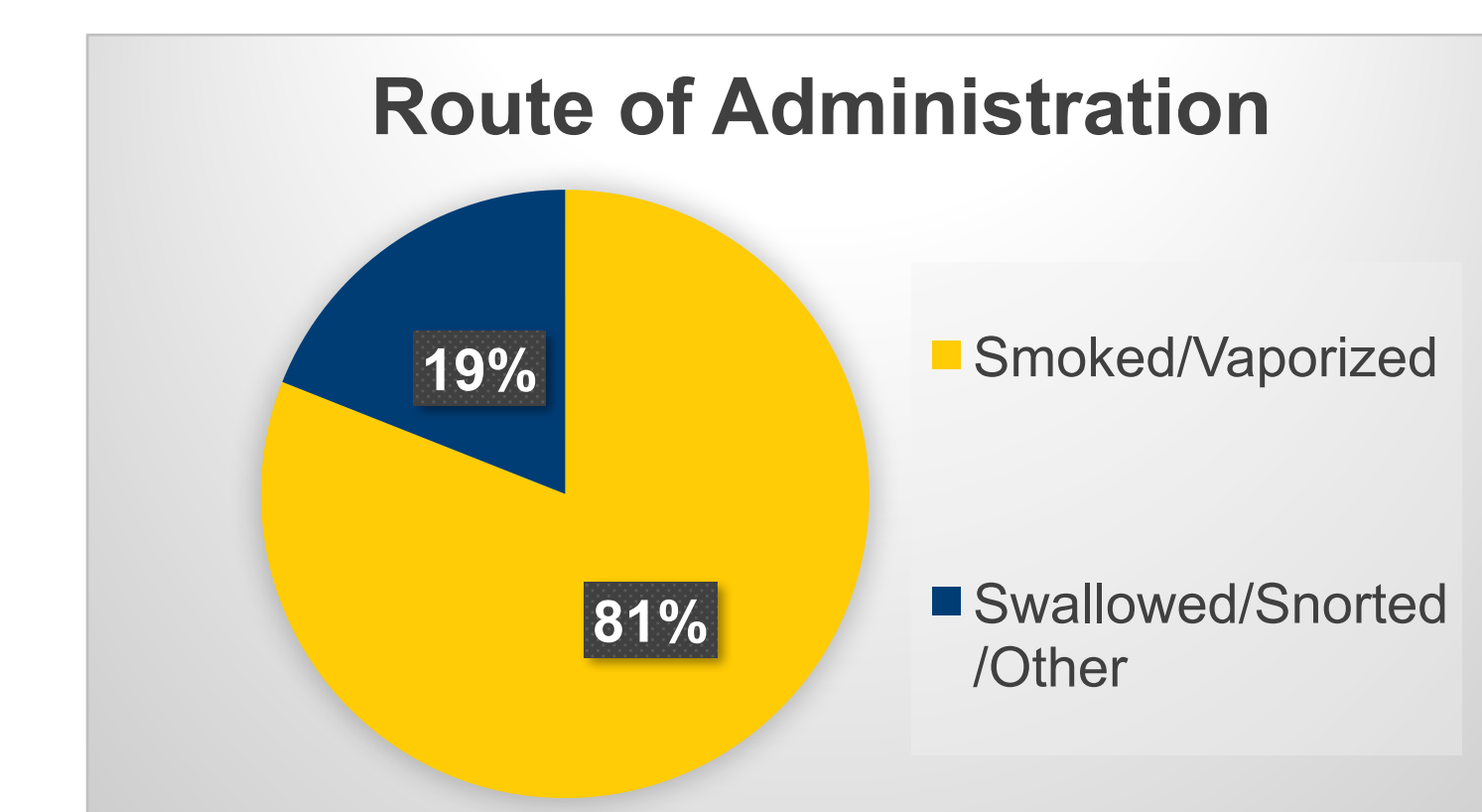
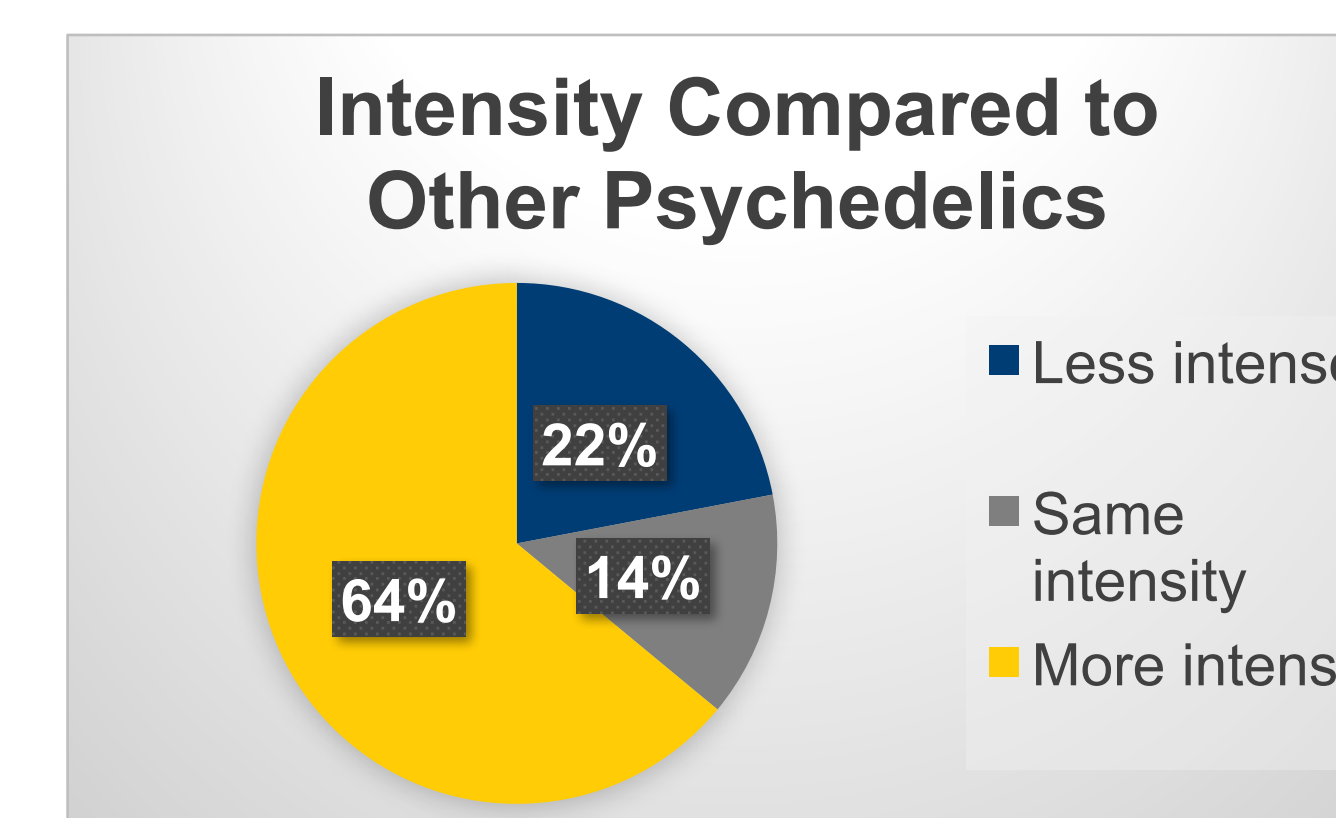
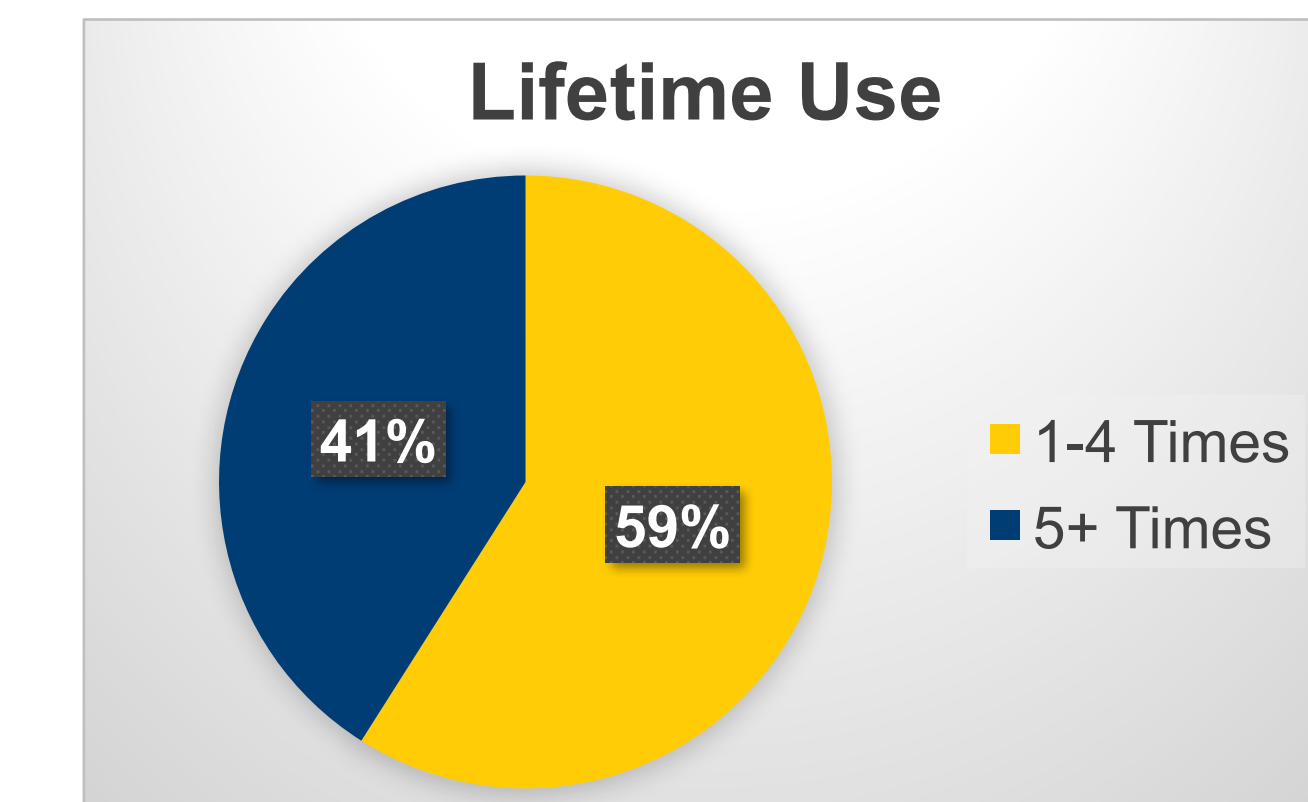
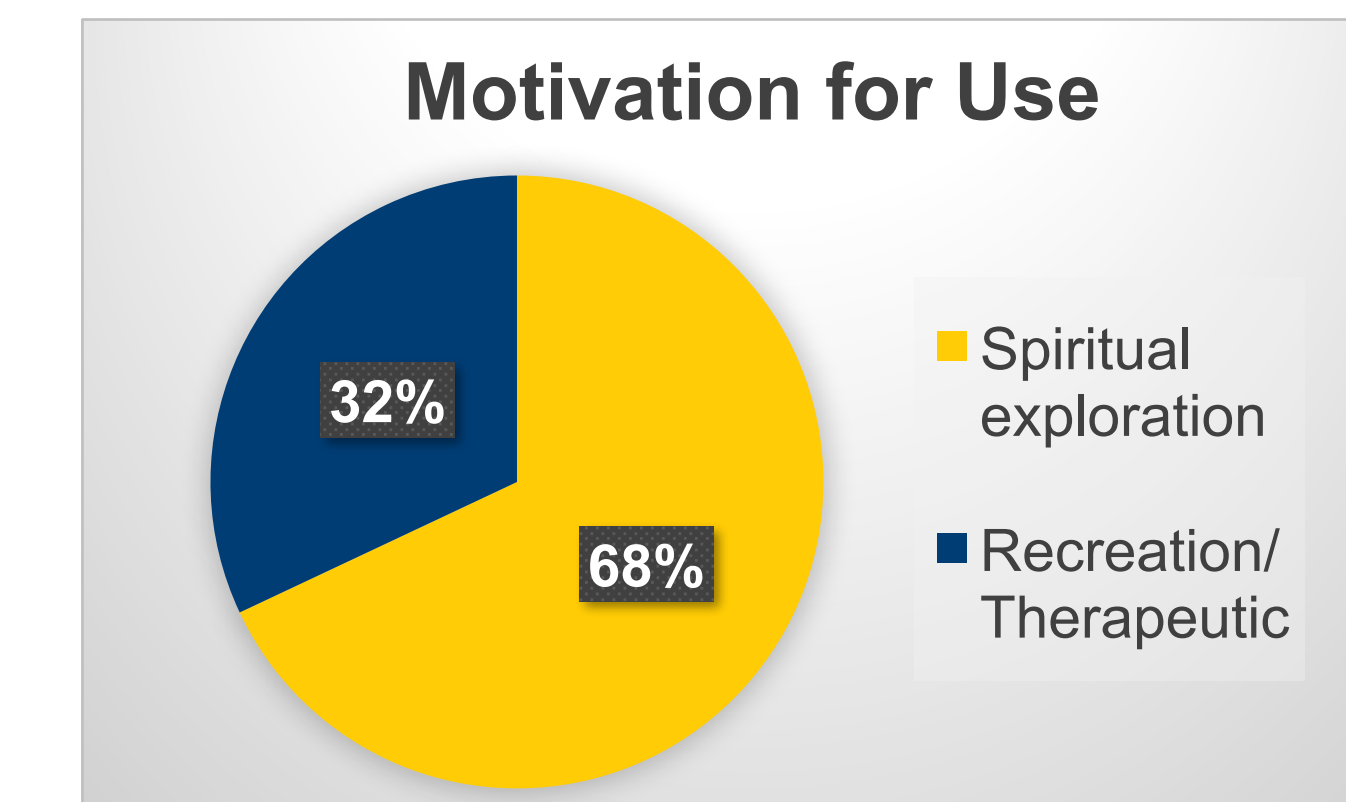
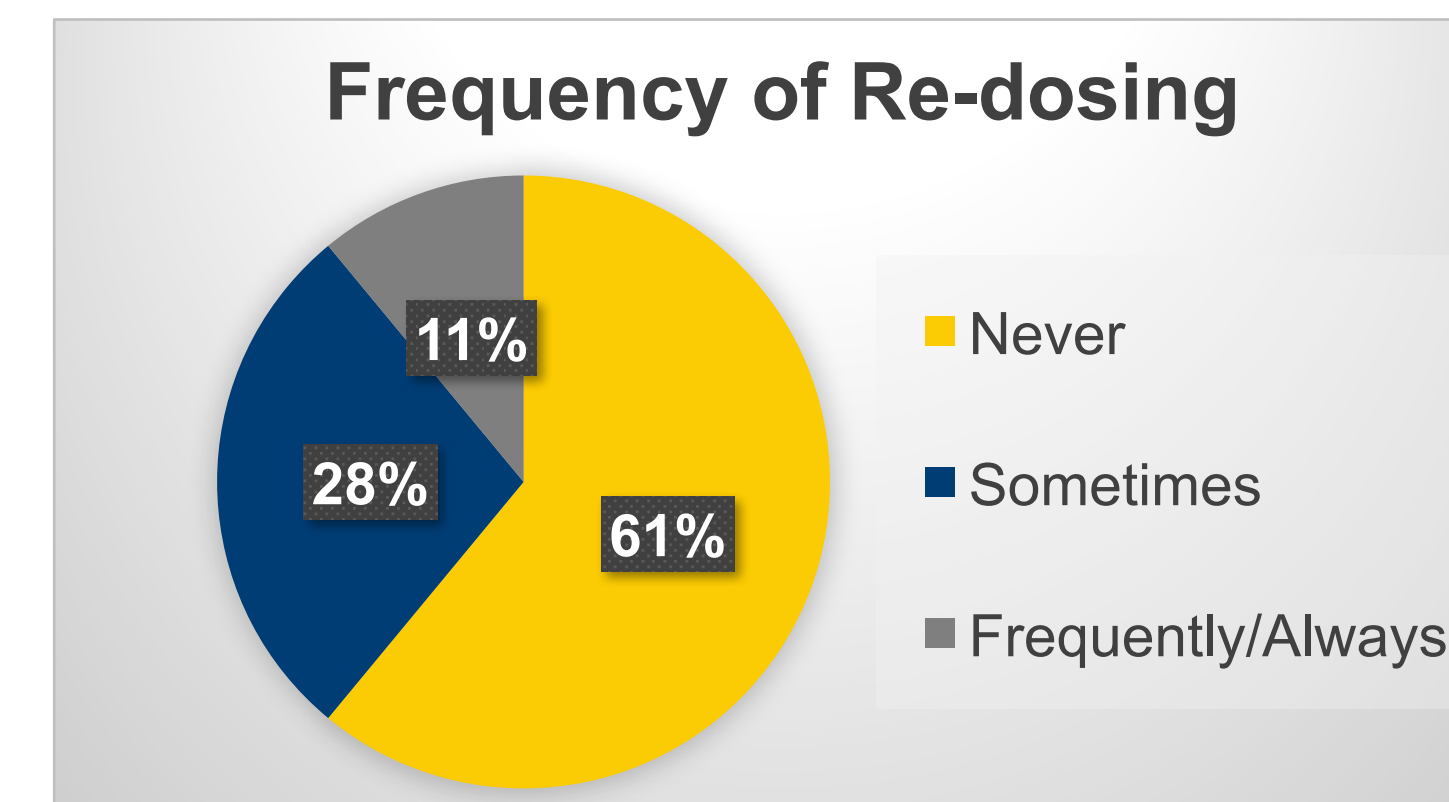
## Method & Data Analysis

- Using internet-based advertisements we recruited English-speaking adults to complete an anonymous web-based survey.
- We conducted frequency counts and descriptive analyses of demographic characteristics, patterns of using 5-MeO-DMT, motivations for consumption, acute subjective effects, and biomedical/psychiatric harms/benefits variables.

## Sample Characteristics

- The sample (**n=515**) was comprised of primarily middle-aged ( $M_{age}=35.4$ ,  $SD=11.7$ ), Male (79%), White/Caucasian (86%) individuals, less than half (42%) residing in the US.

## Results



## Summary and Conclusions

- Similar to other psychedelic tryptamines, findings suggest that 5-MeO-DMT is used infrequently, predominantly for spiritual exploration, has low addiction liability, and might have psychotherapeutic effects.
- We recommend that future research examine the safety and pharmacokinetics of 5-MeO-DMT administration in humans using rigorous experimental designs.

## Funding and Contact Information

- AKD was initially supported by a postdoctoral training grant from NIAAA (AA007477) & is currently supported by a postdoctoral training grant from NIDA (DA07209). Source Research Foundation funded RL to provide administrative and research assistance on the study. The funding sources had no role in study design, data analysis, or interpretation.
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