Twitter Thread by Dr. Rick Barnett, PsyD ❄■■■



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https://t.co/0BbPc11eTD

The Top 10 Psilocybin Research Papers of 2020

- FS Barrett, MK Doss, ND Sepeda, et al. – Emotions and brain function are altered up to one month after a single high dose of psilocybin. @FredBarrettPhD 1/10

SB Goldberg, BT Pace, CR Nicholas, et al. – The experimental effects of psilocybin on symptoms of anxiety and depression: A meta-analysis. “meta-analysis of studies using psilocybin along with behavioral interventions to treat elevated symptoms of anxiety and depression.” 2/10

GI Agin-Liebes, T Malone, MM Yalch, et al. – Long-term follow-up of psilocybin-assisted psychotherapy for psychiatric and existential distress in patients with life-threatening cancer. “follow-up approx 3.2 and 4.5 years later, w/ 15 of the 16 participants still alive” 3/10

F Blei, S Dörner, J Fricke, et al. – Simultaneous production of psilocybin and a cocktail of β■carboline monoamine oxidase inhibitors in “magic” mushrooms “paper was chosen for Psychedelic Science Review’s 2020 Editor’s Choice Award for best study on psychedelics and nature” 4/10

J Sloshower, J Guss, R Krause, et al. – Psilocybin-assisted therapy of major depressive disorder using Acceptance and Commitment Therapy as a therapeutic frame “lays out how to combine therapy using antidepressant medication (like psilocybin) w/evidence-based psychotherapy” 5/10

LJMertens, MBWall, LRoseman, et al Therapeutic mechanisms of psilocybin: Changes in amygdala and prefrontal functional connectivity during emotional processing after psilocybin for treatment-resistant depression
“■■amygdala activation in participants day after psilocybin tx” 6/10

NL Mason, KPC Kuypers, F Müller, et al. – Me, myself, bye: regional alterations in glutamate and the experience of ego dissolution with psilocybin. Good One! 7/10

MK Madsen, PMD Fisher, DS Stenbæk, et al. Single psilocybin dose is assoc. w/ long-term ■■mindfulness, preceded by proportional change in neocortical 5-HT2A receptor binding
1st molecular neuroimaging study examining underlying mechanisms behind long term efx of psilocybin 8/10

KH Preller, P Duerler, JB Burt, et al. – Psilocybin induces time-dependent changes in global functional connectivity “deepen our understanding of the mechanism of action of psychedelic compounds” 9/10

N Milne, P Thomsen, N Malgaard Knudsen, et al. – Metabolic engineering of Saccharomyces cerevisiae for the production of psilocybin and related tryptamine derivatives 10/10 .... there are 4 more studies cited in the blog post.