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## The Comparative Therapeutic Effects of Psilocybin Treatment and Antidepressant Medications in Adults Diagnosed with Depression

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**The Comparative Therapeutic Effects of Psilocybin Treatment and Antidepressant Medications in Adults Diagnosed with Depression**  
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### Introduction

Resurgence of psilocybin studies indicate that psilocybin treatment is effective for diagnosed depression; however existing research only contains a handful of research with supporting information that barely touches the limitations of treatment with factors associated with dosage amount, treatment efficacy with time periods, patient experiences and indications for treatment. This research proposal takes similarities from reviewed literature providing analysis of a mixed method approach through randomized clinical trials and questionnaires that will emphasize a pathway towards establishing psilocybin as an effective treatment option for depression through comparisons.

### Hypothesis

Psilocybin treatment will have a significant impact on adults diagnosed with depression reducing depressive symptoms.



### IRB Approval

To ensure participant confidentiality, personal and identifying information will be left out for protection of the participants. Approval for this research proposal will be approved by the Dominican University of California and the Institutional Review Board (IRB).

### Sample

Participants included in this research will make up of a total of 100 individuals aged 18 and older with documented history of moderate to severe depression and previous antidepressant treatment will be invited from psychiatric institutions. This study aims to broaden inclusion beyond minor complications, providing insights relevant to the treatment of a broader spectrum of individuals.

### Method

In a 12-month clinical trial, participants with moderate to severe depression will be randomly assigned to receive either psilocybin or sertraline, alongside psychological therapy. The trial aims to assess short-term and long-term treatment effectiveness. Screening tools GRID-Hamilton Depression Rating Scale (GRID-HAMD) and Quick Inventory of Depressive Symptomatology (QIDS-SR-16) will be used to measure the effectiveness of the treatment. Qualitative assessments will be conducted weekly through psychotherapy, capturing participants' perception of treatment. Responses will be categorized into positive, negative, or mixed experiences for later comparison. The concluding survey will inquire whether participants had a preference for the treatment and perceived its effectiveness.

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### Results

- Evaluation of depression screening tools scores will be assessed from baseline for improvement, decreased scores indicate treatment effectiveness.
- Monthly qualitative assessments categorized into responses of positive, negative and mixed can provide insight into participants' experiences, offering a more detailed understanding of the treatment's impact on their lives.
- Frequent gathering of Depression screening tools scores and Participant questionnaire responses provides insight into the treatment's effectiveness over both short and long-term periods.

### Conclusion

If the hypothesis is correct as evidenced by decreased depression screening scores and a significant difference in the consistency of positive responses would mean that psilocybin treatment is not only effective for the treatment of depression but is preferred by participants. Generally, the results would give an idea of efficacy and duration of treatment and associated possible adverse effects. These anticipated outcomes will contribute to a more structured foundation for advancing psilocybin research in the context of treatment for depression.

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