**Participant Information Sheet**

**Study Title**

Using Dimethyltryptamine (DMT) for Psychotherapeutic Purposes: A Phenomenological Analysis of Short-Acting Psychedelics for Low Mood and Depression

**Summary of Aims**

The aim of this study is to investigate people’s experiences of using DMT for the purposes of helping with depression. It will explore your experiences before, during and after using the drug, how you made sense of these experiences, and whether you feel this was associated with any changes in your mental health.

The study will consist of anonymous text-based interviews that will be conducted on forum-specific messaging software or an end-to-end encrypted messaging application. By participating in this research, you will be contributing towards the currently small, but rapidly growing area of research into DMT.

**Background**

Research into the effects of classic psychedelic drugs have recently begun to be published looking into their effects on mental health. DMT is a short-acting substance within this category of drugs that has been reported to induce similar experiences to other, longer-lasting psychedelics. However, compared to other psychedelics there are relatively few studies investigating DMT.

**Who can be involved?**

To be involved in the study you must:

* Be aged 18 years old or over
* Be competent in reading and writing English
* Have experienced using DMT (via inhalation) at some point in the past year
* Have used DMT with the intention of exploring its effects on your own low mood or depression

You cannot be involved in the study if:

* You have only used DMT for recreational purposes
* You are currently going through acute treatment for substance withdrawal
* Your only experience with DMT compounds is via oral ingestion (such as taking Ayahuasca) or only have experience of using DMT while intoxicated with other substances.

**What would taking part in the study involve?**

By participating in the study, you will be interviewed via forum-specific messaging software or, if you choose, an end-to-end encrypted messaging application. After reading this document and the consent form, you may contact the researcher via the links within the advert. It is important for your safety that when contacting the researcher you do not disclose any identifiable information about yourself, either within the interview or from your username on the messaging platform. By using this messaging platform, the content of the interview will only be visible to the researcher and yourself and will be deleted for both parties within two weeks of the interview being completed.

Once you have contacted the research on the messaging application, you will be asked to confirm that you have read this information sheet and the consent form and agree to the points outlined within the form.

The interview will ask questions about your experiences leading up to using the drug, your experiences while using the drug and how you have made sense of these experiences since that time. There will also be some questions relating to your mental health and how you feel DMT may have impacted upon this. The questions will not be asking about any trauma that you may have experienced in your life, where or how you acquired the drug, or any information that would make you identifiable. The interview is expected to take roughly 1 hour but will be flexible.

**Further Information**

**What control do you have over the information that you provide?**

During the interview, you are free to opt-out at any time without the need to provide a reason. All information collected during the interview up to that point will be permanently deleted and no further data collected.

Following the interview, you will have a two-week window during which you will be able to contact the researcher and withdraw your interview without providing any reason. If you choose to withdraw during this two-week window, all of the data collected from you will be permanently deleted from the record. Following this, you information will be deleted from the messaging app, stored separately and anonymously. Therefore, after the two-week window has elapsed, you will no longer be able to withdraw your data from the study.

**How will anonymity and confidentiality be maintained?**

For your own safety, it is important that you remain anonymous throughout the process. This means that the researcher should not know your name or contact details at any point. Instead, you will be allocated a random identifier and referred to by a pseudonym within the write-up of the study.

The data will be reviewed by the researcher as well as academic supervisors at the university to ensure that any analysis is a fair representation of the data. Anonymised data may also be looked at by other students and Trainees as part of analysis and training.

A data management plan will be adhered to ensure that your information is kept confidential and safe.

However, it should be noted that despite all of the above, there may still be limitations in confidentiality and anonymity that are difficult to avert due to the study being conducted electronically and via the internet.

All data will be kept in accordance with the Data Protection Act (2018)

**What will happen after the study?**

Your data will be used as part of a doctorate thesis. Some verbatim quotes may be used within the write up. However, no identifiable information will be presented and your data will be referred to by a pseudonym within the thesis. The final thesis will be kept within an archive at the University of Birmingham library. The data may be used for publishing in journal articles based on the findings of the study and again, this will not include any identifiable information but will use quotes.

**Duty of Care**

Due to the nature of the interview, it is possible that sensitive topics may arise that you could find distressing, or other issues related to risks you may disclose to the researcher.

As the research will be recruiting participants globally and anonymously, support will not be able to be provided to you by the researcher. Moreover, the researcher will not be able to direct you to any specialist support services. You should therefore be aware of what services (such as emergency services) you can contact prior to your involvement in the study. Moreover, any advice regarding DMT, its effects or medical issues will not be able to be provided during the interview.

**Statement of Ethical Approval**

Prior to being conducted, this study has been reviewed and granted approval by the University of Birmingham’s Science, Technology, Engineering, and Mathematics Ethics Committee.

**Further Information**

The research is being funded by the University of Birmingham and organised by the researcher

**Lead Researcher**

Ryan Little, Trainee Clinical Psychologist, University of Birmingham.

* Contact via email on [Rjl131@student.bham.ac.uk](mailto:Rjl131@student.bham.ac.uk)
* Or contact securely via telegram at <https://t.me/UoB_DMT_Research>

**Supervisors**

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