Informed Consent for Participants

Title of the study:
LSD – assisted psychotherapy in persons suffering from anxiety associated with advanced-stage life threatening diseases.

1. General Description of the trial

This is a research study to learn more about whether LSD-assisted psychotherapy is safe and if it will help people who are suffering from anxiety due to a life-threatening disease. LSD is a substance known for about 60 years that is able to temporarily change the way people see, think and feel. Earlier studies found that LSD-assisted psychotherapy could help people reduce anxiety and possibly deepen their understanding of their own existence and acceptance of their individual fate. This substance has been investigated in many scientific studies. LSD is a scheduled drug and may be used legally for scientific purposes only. LSD has not been approved by the health authorities to be used for any purpose.

2. Selection of Subjects

You have been chosen for the study mentioned above because you suffer from anxiety symptoms as a result of having a severe chronic and potentially fatal disease.

3. Voluntary participation / Right of withdrawal / involuntary withdrawal from the study

Your participation in this investigation is completely voluntary. You may withdraw from this study at any time without giving any reason for doing so. If it is in your best interest, the researchers may withdraw you from the study. In that case you will be fully informed by the principal investigator as to the reason for your being withdrawn from the study.

For your own safety, you will be medically examined after the last experimental session.

4. Course of the study / testing

The study will last for a year and a half. During the first 4 months, you will take part in two experimental sessions lasting an entire day, and at least six conventional psychotherapy sessions lasting one hour.

The study is designed so the 12 participants in this study will be divided at random into in two groups. The bigger group of 8 participants will receive LSD in a medium dosage of 200 micrograms (i.e. 200 millionth of one gram). The smaller group of 4 participants will receive a very small dose of 20 micrograms as a so-called active placebo. You will have a 66% chance of getting the full dose and a 33% of getting the low, “active placebo” dose. It is expected that this small dose of LSD will not be sufficient to evoke the typical effects of LSD. If you belong to the group of 4 participants, you have the choice to have two LSD sessions with the higher dose of LSD. You will learn whether you received 20 or 200 micrograms of LSD right after the final measurements, three months after the start of the study. At this point, you can decide to take part in two sessions with 200

micrograms of LSD, guided in the same way as the 8 participants who got the full dose right from the beginning. Those who got the full dose the first time will not be offered the extra sessions.

Selection procedure – Finding out if you are eligible to be in the study
This takes place 2-3 weeks before the start of the study and involves physical and psychiatric examinations, urine testing for drug use and pregnancy (in women who are able to become pregnant), blood tests (including a metabolic profile, liver function tests and a thyroid hormone status) and an electrocardiogram, or ECG. These tests and examinations could last up to 2 hours. If you meet requirements, there will be psychological measures of anxiety, quality of life and other symptoms, such as depression. If there is a long time between the first time tests were done to see if you are eligible for being in the study and starting the psychotherapy sessions, you may have to repeat these tests. These measurements will be repeated six times, with the last measurements happening two months after the second LSD session. Starting when you enter the study and up until two months after the second LSD session, you will also fill out daily diaries measuring your anxiety and pain levels and your daily use of pain or anxiety medication. The study doctor will give you the daily diary forms and tell you how to fill them out.

Psychoactive drugs: You may take anti-anxiety drugs as prescribed, so long as you record when you use them. You may continue taking any medication for pain. You must stop taking antidepressant drugs a few days to a few weeks before the two experimental sessions in order to prevent drug interactions.

You are allowed to continue current psychotherapy, but you may not increase or decrease the frequency of therapy sessions, and you cannot start a new psychotherapy treatment.

LSD-assisted treatment, phase 1
First, there will be 2 preparatory sessions with one of the therapists, during which you will learn about the study, and you will receive instructions and rules for what to do before and during LSD sessions. You will also meet the other therapist during one of the preparatory sessions. After the two preparatory sessions, the first LSD-session will occur. You will receive either a full or a low (active placebo) dose of LSD. Neither you nor the study staff will know what kind of dosage you will receive. There will be two therapists with you throughout the LSD session. Each LSD session lasts from 6 to 10 hours. During most of this time, you will lie comfortably on a mat, following the inner psychic process that is started by the LSD, listening to music, or having short communications with the therapists. The therapists will support you in the process of putting all of what you learned during the session together. The following night you will stay in the therapist's office with a relative or significant other, or with a night nurse. The next day, there will be another psychotherapy session with both therapists. During this session, you will talk about your experiences during the LSD session. In the following two to four weeks, you will have two to four psychotherapy sessions with one of the therapists. You will continue to talk with the therapist about your experiences during the LSD session. A second LSD session will take place two to four weeks after the first session, followed by another psychotherapy session 24 hours later, and two to four more psychotherapy sessions.

Audio and video recordings will be made of each LSD session, and the talk therapy sessions taking place immediately before and after each session. Six therapy sessions will be recorded overall.

Measurements of your anxiety will take place before each LSD session, and before every psychotherapy session except the therapy sessions occurring 24 hours after an LSD session. The measurements should take about an hour. The person doing the measurements will be another researcher who will not be part of the psychotherapy. A final measurement will happen two months after the second experimental session.

LSD-assisted treatment, phase 2
Participants who received active placebo, the small dose of LSD in phase 1, have the opportunity to participate in phase 2, in which they will go through the same course of psychotherapy sessions and LSD sessions as in phase 1, as described above, but this time they will receive the full does of 200 micrograms LSD.

5. Alternative treatment possibilities.

Anxiety disorders may be treated with medications like anti-anxiety or antidepressant drugs or with psychotherapy. You do not have to participate in this study.

6. Benefit and risk / Inconveniences

There is no guarantee that you will benefit from participating in this study. The researchers expect that LSD-assisted psychotherapy will help you to get a better understanding of your anxiety due to your physical disease and its consequences, and it should help you to better cope with these anxieties. They also expect that quality of life, the possibility of communicating about central topics of your life with relatives or important others, should improve as well as the acceptance of the unalterable situation. However, they do not know if this will be the case. The knowledge gained from your participation in this study may help to develop better treatments for people experiencing anxiety in response to diagnosis with a potentially fatal illness.

LSD-assisted treatment is not a curative treatment; it is not expected to heal cancer or other chronic disorders.

Risks of LSD

The changes in your body due to LSD ingestion are normally mild, and the toxicity of the substance is negligible. There are no known fatal poisonings. There may be unknown side effects or risks from LSD.

Possible side effects – In most cases, restricted to the six-to ten hour period when LSD produces its effects – dizziness, feeling nauseated or lack of appetite, sudden changes in mood, as from a very good mood to a very bad mood, feeling as if one is "in a dream" or that the world is unreal, feeling as if one's self is unreal or belongs to someone else, feeling unsteady or trembling, visual distortions and illusions, time seeing slower or faster than usual, odd body sensations, such as tingling or numbness, headache, fatigue. Psychological side effects that can be severe or require help from the therapists or others besides the therapists:

- Anxiety. LSD can produce intense changes in mood, including intense feelings of panic, sorrow or feelings that others are against you (paranoia). The sensory overload of all kinds of perceptions, feelings and thoughts can make you anxious, and thinking about your anxiety and your illness can also make you anxious. Sometimes this anxiety can be very strong. The quietness of the environment for the LSD session and the presence of both therapists may reduce anxiety. If you experience an intense and unpleasant mood change, such as feeling panicked or distressed, the therapists will try to help you first by encouraging you to work through these feelings and supporting you. They may show you ways to relax or work through these feelings before the study. If they cannot help you relax this way and they believe you are in danger of hurting yourself or others, then they will give you a Valium-type sedative. The investigators will remain with you for as long as they think you need support.
- Psychosis, harming oneself or others. Loss of sense of reality and thinking and talking about harming oneself or others can happen on rare occasion after LSD. These states have mostly appeared after illicit ingestion, and other researchers think this is more likely to happen if a person is at greater risk for psychosis. People with past or current history of psychosis cannot be in this study, and in the therapeutic context these difficulties are usually manageable. If you are at risk of harming yourself or others or if you do not regain a sense of reality or think others want to harm you, the therapists may have to hospitalize you until these symptoms go away.
- Long-lasting changes in perception. Some people who have used LSD or other similar drugs, such as “magic mushrooms,” continue to have lasting changes in their vision or other types of perception that they know are not real but that can bother them or interfere with everyday life. This condition, called post-hallucinogen perception disorder, probably happens in 1% or less of people who repeatedly use LSD. The “flashbacks” reported after some people use LSD are different from HPPD, and are more related to memories of very bad experiences. These types of flashbacks are also rare.
- Risk of dependency. While people continue to use LSD in recreational settings, there is no evidence that LSD has abuse potential. People do not use it compulsively or repetitively no compulsively as they do cocaine, nicotine or alcohol. Most people reduce or stop LSD ingestion by the time by their own will.
- (for further information, see:http://www.nida.nih.gov/pdf/infofacts/LSD06.pdf).

Other Risks

As with any psychotherapy based on insight and self-experience, LSD-assisted therapy may be temporarily distressing and raise difficult feelings and questions. With the help of one or both of the therapists, you will have opportunities to work through these feelings and questions in order to understand and find a deeper balance.

The interviews you receive during the course of the study involve no specific risks or discomforts beyond those of a standard clinical interview situation. You may feel upset at the review of your emotional experiences, or you may feel boredom or fatigue. The medical evaluations involve some blood tests. The risks of blood drawing include temporary discomfort from the needle stick and bruising. Fainting could also occur

This listing of risks and inconveniences may not be complete or final. Unforeseen complications may occur.

The amount of LSD you will receive in this study (200 micrograms twice, on two separate days) is considered to be small, and the active placebo dose is even smaller. Therefore, the risk of either dose of LSD is judged as small as well.

Effects of LSD on the growth and development of an unborn baby are not known. Birth defects could include physical deformities, mental retardation and premature birth; therefore you will not be allowed to enter the study if you are pregnant. If you become pregnant after you have had at least one experimental session, the study doctors and the sponsor (MAPS) will ask you about and keep track of the pregnancy and will need to know about the outcome of your pregnancy.

Treatment and Compensation for Injury
In the event of a study-related injury, the physician who treats you will bill your insurance company. If your insurance company denies coverage or insurance is not available, then MAPS will pay for any costs that arise from treating a study-related injury, including hospitalization. Neither the Sponsor nor the study doctor has a program in place to provide other compensation in the event of an injury.

LEGAL RIGHTS
The above section does not restrict your right to seek legal assistance. You do not waive any legal rights by signing this Informed Consent Form.

VOLUNTARY PARTICIPATION
Your decision to take part in this research study is completely voluntary. There will not be any penalty or loss of benefits to you if you decide not to take part.

In addition, you may withdraw from (leave, stop being in) the study at any time. There will be no penalty if you decide to withdraw from the research study. Before withdrawing from this study, notify your study doctor that you wish to withdraw. This notice will allow your study doctor to inform you if there are any potential medical risks of withdrawal. You may be asked to return to the clinic for tests.

WITHDRAWAL
Your doctor, the sponsor company, or the health authorities have the right to stop the study at any time, with or without your consent, for any of the following reasons: if you have an adverse effect from the study drugs, if you need a treatment not allowed in this study, such as restarting medication for depression or anxiety, if you do not keep appointments, if you do not take the study drug as instructed, if you become pregnant, or if the study is canceled by the health authorities or the sponsor company.

7. Duties of the experimental subject

You are responsible for following the instructions of the investigator and reporting any unwanted effects. You must also inform the investigator about any other medications or treatments you are using during the study.

8. New findings

The investigators will inform study participants about new findings about LSD or LSD-assisted therapy that arise during the course of the study.

9. Confidentiality

In this study, the researchers will assign you a participant number. All data for this study, including any case reports and future publications, will only use participant numbers. Your daily diaries and measurements will only be identified by participant number. Audio and videorecordings will also only be marked by participant number only. In addition to the study doctor, the following persons may temporarily and upon request have access to the data: the study monitor who does a quality control of the study, the Ethical Committee, the health authorities (in [redacted]). All these people will also keep your data confidential. All attempts will be made to keep your data confidential, however, absolute confidentiality cannot be guaranteed.

You have the right to examine all the data that is collected about you.

10. Costs / Payment

All costs that arise from being in the study will be paid by the sponsor, the Multidisciplinary Association for Psychedelic Studies (MAPS) (www.maps.org). There will be no cost either to yourself, your health insurance, or the public healthcare system. We are unable to pay you for participation.

11. Insurance coverage

Insurance has been arranged for all participants in this study. This insurance covers damage that might arise during the course of the study. The insurance is made with the [redacted] Insurance Company.

12. Person to contact

[redacted]

If you have questions regarding your rights as a subject, you may contact:

[redacted]

Written declaration that a participant accepts taking part in a clinical trial

- Please ask about anything you don't understand or if you want to know something.

Information about the clinical trial

Title: LSD – assisted psychotherapy in persons suffering from anxiety associated with advanced-stage life threatening diseases.

Number:
Place: [redacted]
Principal Investigator: [redacted]
Subject of the trial:

Declaration

- I have been informed verbally and in writing by the signing investigator about the goals, the course of the clinical trial, about the expected effects, the possible advantages and disadvantages and about possible risks.
- I have been informed about alternative treatments.
- I have read and understood the information for subjects participating in the study. My questions concerning participation in this study have been answered to my satisfaction. I have received a copy of my written declaration of acceptance as well as the informed consent.
- There was enough time for me to take my decision.
- I have been informed that I am insured for possible damage occurring in this study. I know that for this purpose, insurance has been arranged with the [redacted] Insurance Company.
- I agree that people responsible for or in charge for quality control as well as people of the health authorities and of the Ethics Committee for control purposes may have access to the data collected about my person. Confidentiality can not be guaranteed.
- I participate voluntarily in this study. I can withdraw from it at any time without giving any reasons for doing so without any disadvantage for further medical treatment. In that case I will be medically examined for my own safety.
- I am aware that I must follow the instructions and duties that are mentioned in the informed consent. For the benefit of my own health, the principal investigator may remove me from further participation. I will also inform the principal investigator about simultaneous treatment with other therapists as well as concomitant medication (prescribed or OTC).

Place, date	Signature of participant
Place, date	Signature of principal investigator