UNIVERSITY OF CALIFORNIA, SAN FRANCISCO
CONSENT TO PARTICIPATE IN A RESEARCH STUDY

Study Title: *Feasibility, Safety, and Effectiveness of Psilocybin Therapy for Depression in Bipolar II Disorder*

Research Project Director:	Joshua Woolley, M.D., Ph.D., Associate Professor, Department of Psychiatry and Behavioral Science 401 Parnassus Ave, Medical Student Education LP 146 Box MSE0984 San Francisco, CA 94143

Study Coordinator:	Kimberly Sakai psilocybinstudies@ucsf.edu (415)221-4810 x24117

This is a clinical research study. The study team is led by **Josh Woolley M.D., Ph.D.,** from the UCSF Department of Psychiatry & Behavioral Sciences. A trained member of the study team will explain the study to you, and you can ask the researchers questions at any time.

STUDY SUMMARY

Introduction: We are asking you to consider taking part in a research study being done by Dr. Joshua Woolley at UCSF.

The first part of this consent form gives you a summary of this study. We will give you more details about the study later in this form. The study team will also explain the study to you and answer any questions you have.

Research studies include only people who choose to take part. It is your choice whether or not you want to take part in this study. Please take your time to make a decision about participating. You can discuss your decision with your family, friends and health care team.

Purpose of the study: The purpose of this study is to understand whether adults diagnosed with bipolar II disorder have improvement in their depression symptoms after psilocybin therapy. Psilocybin is a psychedelic drug and the active ingredient in “magic mushrooms.” Recent studies have shown that psilocybin may improve depression and anxiety in people with cancer. We believe that it may also be helpful for people living with bipolar II disorder. Psilocybin is not currently approved by the FDA for medical use in the United States, it has been approved for use in clinical trials.

Study Procedures: If you choose to be in this study, you will be asked to complete at least 11 and up to 18 in-person and/or remote study visits, each of which will last 1-3 hours. In addition, you will be asked to complete 1 or 2 longer 8-hour visits where you will receive a dose of psilocybin and stay overnight in a private room in our research unit. You will be paired with a team of trained facilitators for the duration of the study. During study visits, you will participate in symptom assessments, fill out questionnaires, and meet with your facilitators. Depending on your schedule, you may be involved in the study for 18-23 weeks.

You will be asked to designate a support person that you have frequent contact with. This person must be willing to serve as an observer and will be asked to complete a series of questionnaires and brief interviews to give their perspective on your health and well-being.

Possible Risks: There are risks to taking part in a research study. The most likely risks of psilocybin in the hours after you take it include:

- Nausea
- Blurred vision and dilated pupils
- Headache
- Mild to moderate increase in heart rate and blood pressure
- Anxiety and fear

There are also rare but serious risks of psilocybin that may last after the drug wears off. These may include:

- Psychosis (for example, seeing things that are not really there or feeling paranoid)
- Mania (for example, racing thoughts, increased impulsivity, decreased need for sleep)

We will tell you about other risks of participating in the study later in this consent form.

Possible Benefits: You may benefit from participating in the study, but this cannot be guaranteed.

Your Other Options: You do not have to participate in this study. Your other choices may include:

- Getting treatment or care for your condition without being in a study.
- Taking part in another study.
- Getting no treatment

Please talk to your health care team about your choices before agreeing to participate in this study.

Following is a more complete description of this study. Please read this description carefully. You can ask any questions you want to help you decide whether to join the study. If you join this study, we will give you a signed copy of this form to keep for future reference.

DETAILED STUDY INFORMATION

This part of the consent form gives you more detailed information about what the study involves.

Research studies include only people who choose to take part. Please take your time to make your decision about participating. You may discuss your decision with your family and friends and with your health care team. If you have any questions, you may ask your study doctor.

You are being asked to take part in this study because you have been diagnosed with bipolar II disorder and are currently experiencing depression.

Why is this study being done?

The purpose of this study is to understand whether psilocybin therapy is likely to be a safe and feasible way to improve depression in people with bipolar II disorder. Psilocybin is a psychedelic drug and the active ingredient in "magic mushrooms". Other studies have shown that a dose of psilocybin may improve depression and anxiety in people with cancer. We believe that it may also be helpful for people with bipolar II disorder, but previous psilocybin studies have not included people with bipolar disorder. Psilocybin is not currently approved by the FDA for medical use in the United States, it has been approved for use in clinical trials.

Who pays for this study?

The study leaders, Josh Woolley, MD, PhD is a doctor and faculty member employed by UCSF. Dr. Woolley and the study co-leaders will not receive any compensation beyond their usual salaries to conduct this study. Other study costs will be covered by charitable donations. The drug being tested in this study, psilocybin, will be provided by researchers at the non-profit Usona Institute through their Investigational Drug & Material Supply Program. No patents pending are related to this study in any way.

Disclosure of financial or proprietary interests:
The investigators have the following disclosures related to this study:

- **Josh Woolley:** Compensated consultant on the Scientific Advisory Board of Silo Pharma. Silo Pharma is a company focused on the development of substances that are used in psychedelic research.

How many people will take part in this study?

About 14 people with bipolar II disorder will participate in this study. Each participant will be asked to include one support person in their life to be involved in this study, but this person will not receive psilocybin. Instead, the support person will answer questions about the participant during various parts of this study.

What will happen if I take part in this research study?

All study procedures will be done at the UCSF Langley Porter Psychiatric Institute (401 Parnassus Ave, San Francisco, CA).

First you will complete a series of assessments in-person to confirm your eligibility for this study. This may take up to 3 hours. If you are eligible, you will meet your facilitators and complete two visits, about 2 hours each, to prepare for your first psilocybin dosing visit. Next, you will complete a longer visit at our research unit, during which you will take a single 10mg capsule of oral psilocybin in the morning and stay all day and overnight. Your facilitators will be present all day, study staff will be available overnight, and they study doctor will be available the entire time. You will then complete multiple follow-up visits, both in-person and remotely over the next few weeks.

You may also be asked to complete a second psilocybin dosing visit. You will meet with your facilitators remotely prior to the second psilocybin dosing visit. During the second psilocybin dosing visit, you will take a single 25mg capsule of oral psilocybin in the morning and stay all day and overnight. Again, your facilitators will be present all day, study staff will be available overnight, and the study doctor will be available the entire time. You will then be asked to complete multiple follow-up visits, both in-person and remotely over the next few weeks.

Screening / Baseline Visit:

You will need to complete the following exams, tests and procedures to confirm you are eligible for this study. These exams, tests or procedures are part of regular medical care and may be done even if you do not decide to join the study. If you have had some of them recently, you may not need to repeat them. This will be up to your study doctor.

- Questions about your general health and medical history, including your mental health
- Questions specifically about your bipolar II symptoms
- Physical exam and vital signs
- Electrocardiogram (ECG) where stickers will be placed on your body to detect the electric activity in your heart
- Blood draw where a needle will be inserted into a vein in your arm. A total of about five tablespoons of blood will be drawn for tests.
- Urine drug screen for recent drug use. Including amphetamines, benzodiazepines (unless prescribed by study clinician), cocaine, cannabis, MDMA (3,4-Methyl enedioxymethamphetamine), and opioids.
- Urine pregnancy test, if you can become pregnant.

Before the first psilocybin dosing visit:

If the exams, tests, and procedures show that you can continue to be in the study and you choose to take part, then you will complete the following in-person visits and procedures:

- Two preparation visits with your facilitators to familiarize you with what to expect during your psilocybin dosing visits, including the physical space where you will take psilocybin.

- We will talk with you about your life, physical and mental health, and ask you to set an intention for the psilocybin dosing visit.

First psilocybin dosing visit and follow up visits:

- Before taking psilocybin, you will be asked to complete a urine drug test and pregnancy test (if you can become pregnant). You will also be asked about your symptoms and experiences.
- Study staff will put your belongings (e.g. phone, wallet, keys) in a secure location. This is to ensure your safety while you are on psilocybin. Items will be returned to you once the effects of psilocybin have worn off, after about 6 hours.
- During this psilocybin visit, you will take a 10mg capsule of oral psilocybin.
- While you are on psilocybin, your facilitators will monitor your heart, blood pressure, temperature, and how you are feeling. A study physician will be available at all times. You will stay overnight at the research unit in a private room.
- The next morning, you will talk with your facilitators about your psilocybin experience, your symptoms, and complete assessments before leaving the research unit.
- Over the next 3 weeks, you will complete multiple follow-up sessions, both in-person and remotely. During the sessions, you will answer questions about your symptoms, psilocybin experience, and you will complete a series of assessments.
- Based on your experience during the first psilocybin session and follow up visits, you may be asked to complete a second psilocybin dosing visit and follow-up visits or only follow-up visits.

Second psilocybin dose and follow up visits:

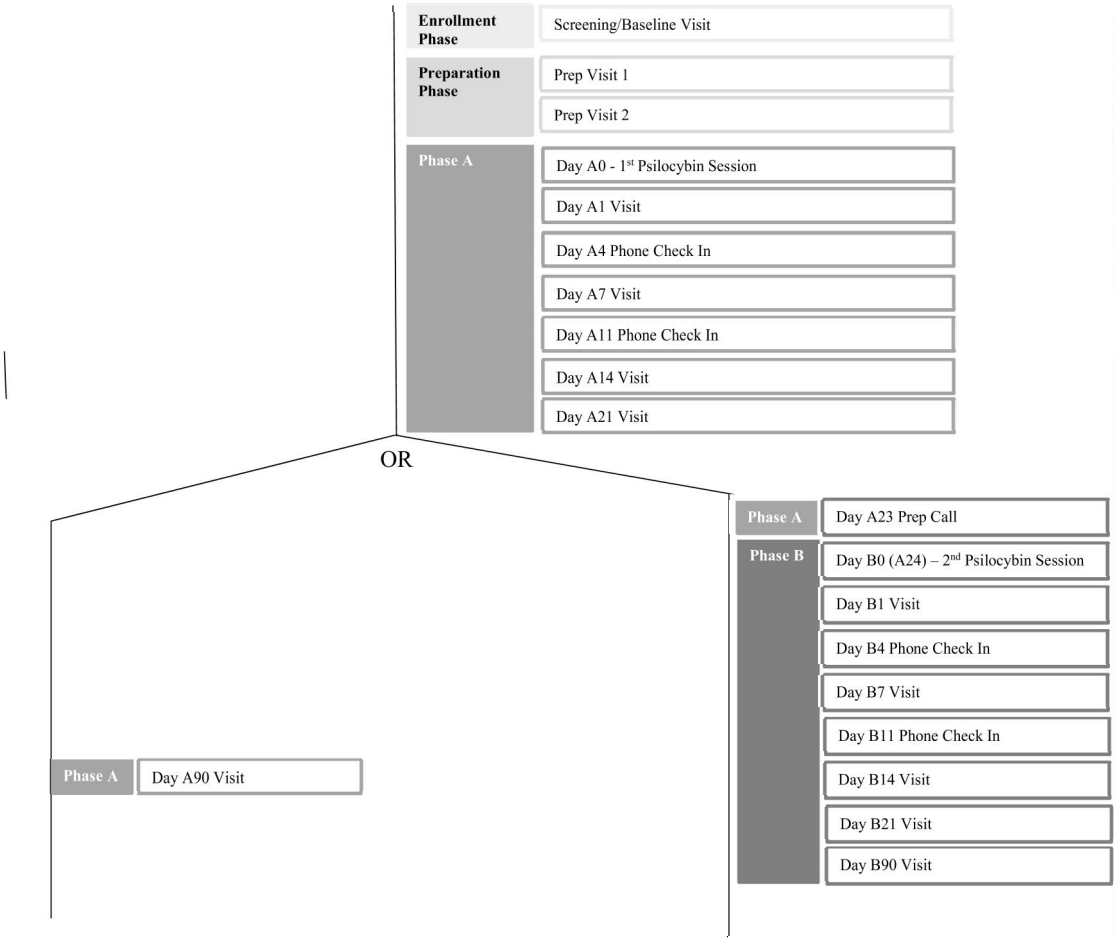
- Before taking psilocybin, you will be asked to complete a urine drug test and pregnancy test (if you can become pregnant). You will also be asked about your symptoms and experiences.
- Study staff will put your belongings (e.g. phone, wallet, keys) in a secure location. This is to ensure your safety while you are on psilocybin. Items will be returned to you once the effects of psilocybin have worn off, after about 6 hours.
- During this psilocybin visit, you will take a 25mg capsule of oral psilocybin.
- While you are on psilocybin, your facilitators will monitor your heart, blood pressure, temperature, and how you are feeling. A study physician will be available at all times. You will stay overnight at the research unit in a private room.
- The next morning, you will talk with your facilitators about your psilocybin experience, your symptoms, and complete assessments before leaving the research unit.
- Over the next 3 weeks, you will complete multiple follow-up sessions, both in-person and remotely. During the sessions, you will answer questions about your symptoms, psilocybin experience, and you will complete a series of assessments.

- We will stay in contact with you until the last follow-up visit, about 12 weeks after your second psilocybin dosing visit.

Audio-video recording
We will be audio and video recording you during this study. We will use these recordings to understand your symptoms and also to make sure our study staff meet quality requirements. We will protect the confidentiality of all recordings by limiting access to them. Only study team members and researchers who are analyzing data from this study will be able to access the recordings. The recordings will be stored on encrypted computer drives that are kept in locked rooms at UCSF. They will be kept permanently and securely by the UCSF Department of Psychiatry and Behavioral Sciences

We may share recordings with researchers at our university/other universities who are collaborating with us, or companies that are helping with data analysis (for example, we may have a HIPAA-compliant, secure service to transcribe audio recordings to text). Any data transferred outside of UCSF will involve a legally binding, signed agreement to make sure that collaborators use appropriate procedures to protect your privacy. We will not share your name or any additional personal information. When possible, we will only share de-identified data (i.e. data that does not contain your personal information). Any data that we share with collaborators will be destroyed when we finish the analysis. Your data, including audiovisual recordings, will never be accessible to the general public.

Study Plan



How long will I be in the study?

Total study length will depend on your specific study schedule, estimated to be 30-48 hours over 18-23 weeks, plus the overnight stay(s).

Can I stop being in the study?

Yes. You can decide to stop at any time. If you are thinking about stopping or decide to stop, the study team leader will work with you to make sure that you are able to stop your participation safely.

Important Note: While you are under the effects of psilocybin (which last about 5-6 hours), you will not be able to stop being in the study. If you tell a study doctor, your facilitators, or another study staff member that you wish to stop being in the study, you will still have to stay at the research unit until the drug effects have worn off and it is safe for you to leave. This is because we must prioritize your safety while you are under the effects of psilocybin.

It is important to tell a study doctor if you are thinking about stopping so any risks from the psilocybin dose can be monitored. Another reason to tell a study doctor that you are thinking about stopping is to discuss what follow-up care and testing could be most helpful for you.

One of the study doctors may stop you from taking part in this study at any time if they believe it is in your best interest, if you are not able to follow the study rules, or if the study is stopped.

What side effects or risks can I expect from being in the study?

You may have side effects while on the study. The study staff will monitor you for any side effects. However, doctors don't know all the side effects that may happen. Side effects may be mild or very serious. Your health care team may give you medicines to help lessen side effects. Many side effects from psilocybin go away soon after the psilocybin session end. In some cases, side effects can be serious, long lasting, or may never go away.

You should talk to a study doctor about any side effects you experience while taking part in the study.

Medical risks and side effects related to taking psilocybin include those which are:

Likely

- Temporary elevations in heart rate and/or blood pressure during the psilocybin session
- Temporary anxiety or confusion during the psilocybin session
- Headache soon after the psilocybin session

Less Likely

- Nausea and/or vomiting during the psilocybin session
- Temporary slower movements or difficulty coordinating movements during the psilocybin session
- Temporary fatigue or difficulty sleeping the night after the psilocybin session

Rare but serious

- Elevated blood pressure during the psilocybin session that require medications to bring back to normal
- Elevated body temperature, muscle stiffness, and confusion during the psilocybin session due to serotonin syndrome (too much serotonin in the body)
- Anxiety, mania, or psychotic symptoms (like hallucinations or paranoia) soon after the psilocybin session that last for >24 hours after the drug wears off
- Anxiety, mania or psychotic symptoms during or after the psilocybin session that are severe and require medications to maintain your safety and/or the safety of study staff
- Unknown Risks: It is important to note that psilocybin may have side effects that no one knows about yet. For example, we do not know the effects of psilocybin on symptoms of bipolar II disorder. The study leaders will let you know if they learn anything that might make you change your mind about participating in the study.

Other risks of participating in this study

- Blood Drawing (Venipuncture): Drawing blood may cause temporary discomfort from the needle stick, bruising, infection, and fainting.

- Loss of privacy

- Reproductive risks: You should not become pregnant or get someone pregnant while in this study because it is unknown how psilocybin may affect a fetus. In addition, you should not breastfeed a baby after taking psilocybin, because it is unknown how it could affect the baby. If you can become pregnant, you must agree to use reliable birth control while you are participating in this study. Please check with the study doctor about what kinds of birth control methods can be used and how long to use them. If you can become pregnant, you will be asked to complete a urine pregnancy test during screening and before each psilocybin administration to ensure you are not pregnant. If you think you may be pregnant at any time during the study, tell your study staff right away.

- For more information about risks and side effects, please ask the study leaders

Are there benefits to taking part in the study?

Taking part in this study may or may not make your health better. While doctors hope psilocybin therapy will help depression in people with bipolar II disorder, there is no proof of this yet. We do know that the information from this study will help doctors learn more about psilocybin therapy as a treatment for bipolar II disorder. This information could help other patients.

What other choices do I have if I do not take part in this study?

Your other choices may include:

- Getting treatment or care without being in a study.
- Taking part in another study.
- Getting no treatment.

Please talk to your health care team about your choices before deciding if you will take part in this study.

How will my information be used?

Researchers will use your information to conduct this study. Once the study is done using your information, we may share it with other researchers so they can use it for other studies in the future. When possible, we will only share de-identified data sets. Your data, including audio and video recordings, will never be accessible to the general public. We will not ask you for additional permission to share this de-identified information.

In instances where de-identification of data is not possible (e.g. audio and video recordings), transfers outside of UCSF will involve a legally binding, signed agreement to make sure that collaborators use appropriate procedures to protect your privacy. We will not share your name or any additional personal information. Any data that we share with collaborators will be destroyed when we finish the analysis. Your personal information will never be accessible to the general public.

How will information about me be kept confidential?

Participation in research involves some loss of privacy. We will do our best to make sure that information about you is kept confidential, but we cannot guarantee total privacy. Some information from your medical records will be collected and used for this study. If you do not have a UCSF medical record, one will be created for you. Your signed consent form and some of your research tests will be added to your UCSF medical record. Therefore, people involved with your future care and insurance may become aware of your participation and of any information added to your medical record as a result of your participation. Study tests that are performed by research labs, and information gathered directly from you by the researchers will be part of your research records but will not be added to your medical record. Your personal information may be given out if required by law. If information from this study is published or presented at scientific meetings, your name and other personal information will not be used.

Safety concerns may also lead to a loss of privacy. Specifically, if the study staff are concerned that you are at risk of harming yourself/suicidal, a study doctor will evaluate you as soon as possible. You may need to stop participating in the study and be hospitalized.

If information from this study is published or presented at scientific meetings, your name and other personal information will not be used.

Authorized representatives from the following organizations may review your research data for the purpose of monitoring or managing the conduct of this study:

- Representatives of the University of California
- Representatives of the Food and Drug Administration (FDA)
- Research Advisory Panel of California

This research is covered by a Certificate of Confidentiality from the National Institutes of Health. This means that the researchers cannot release or use information, documents, or samples that may identify you in any action or suit unless you say it is okay. They also cannot provide them as evidence unless you have agreed. This protection includes federal, state, or local civil, criminal, administrative, legislative, or other proceedings. An example would be a court subpoena.

There are some important things that you need to know. The Certificate DOES NOT stop reporting that federal, state or local laws require. Some examples are laws that require reporting of child or elder abuse, some communicable diseases, and threats to harm yourself or others. The Certificate CANNOT BE USED to stop a sponsoring United States federal or state government agency from checking records or evaluating programs. The Certificate DOES NOT stop disclosures required by the federal Food and Drug Administration (FDA). The Certificate also DOES NOT prevent your information from being used for other research if allowed by federal regulations.

Researchers may release information about you when you say it is okay. For example, you may give them permission to release information to insurers, medical providers or any other persons not connected with the research. The Certificate of Confidentiality does not stop you from willingly releasing information about your involvement in this research. It also does not prevent you from having access to your own information.

Are there any costs to me for taking part in this study?

No. The sponsor has agreed to pay for all items associated with this research study; you or your insurer will not be billed. The sponsor will provide psilocybin and pay for all of the assessments at no cost to you.

Will I be paid for taking part in this study?

In return for your time and effort, you will be paid up to $525 for completing all parts of this study. Payments will be provided in the form of cash, debit card, or gift card. We will provide compensation at a rate of $25 per hour for the screening/baseline visit (3hr), day A7 (2hr), A14 (2hr), A21 (2hr), and A30 or B30 (2hr). If you are asked to complete the second psilocybin dosing visit, you will also be paid for visits B7 (2hr), A14 (2hr), and B21 (2hr). If you complete all study visits, you will be paid a $100 bonus.

You may also receive up to a total of $74 for the entire study for travel and parking for in-person appointments.

What happens if I am injured because I took part in this study?

It is important that you tell the study leaders, Dr. Joshua Woolley, if you feel that you have been injured because of taking part in this study. You can tell them in person, call at 415 221-4810 x24117, or email PsilocybinStudies@ucsf.edu

Treatment and Compensation for Injury: If you are injured as a result of being in this study, the University of California will provide necessary medical treatment. The costs of the treatment may be billed to you or your insurer just like any other medical costs, or covered by the University of California, depending on a number of factors. The University of California does not normally provide any other form of compensation for injury. For further information about this, you can call the office of the Institutional Review Board at 415-476-1814.

What are my rights if I take part in this study?

You can choose either to take part or not to take part in the study. If you decide to take part in this study, you can leave the study at any time. No matter what decision you make, there will be no penalty to you and you will not lose any of your regular benefits. Leaving the study will not affect your medical care in any way. You can still get your medical care from our institution.

We will tell you about new information or changes in the study that may affect your health or your willingness to continue in the study.

In the case of injury resulting from this study, you do not lose any of your legal rights to seek payment by signing this form.

Who can answer my questions about the study?

You can talk to the study leaders about any questions, concerns, or complaints you have about this study. You can reach Dr. Joshua Woolley at 415-221-4810 x24117 or by emailing PsilocybinStudies@ucsf.edu

If you wish to ask questions about the study or your rights as a research participant to someone other than the study leaders or if you wish to voice any problems or concerns you may have about the study, please call the office of the Institutional Review Board at 415-476-1814.

A description of this clinical trial will be available on ClinicalTrials.gov, as required by U.S. Law. This Web site will not include any information that can identify you. At most, the Web site will include a summary of the results. You can search this Web site at any time.

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CONSENT COMPREHENSION QUESTIONS

1. Participation in this study is voluntary and I may withdrawal at any time	T or F
2. I will be asked about my mental health and symptoms	T or F
3. I will be asked to stay overnight at the research unit after each psilocybin dosing visit	T or F
4. The purpose of this study is to understand whether people with bipolar II disorder have improvement in their symptoms after psilocybin therapy	T or F
5. I can drop out of the study at any time, but it is recommended that I first consult with the study doctor to make sure it is safe	T or F
6. Possible side effects of psilocybin include anxiety, nausea, and headache	T or F
7. Where will this study take place?	_____

CONSENT

You have been given copies of this consent form and the Experimental Subject's Bill of Rights to keep.

PARTICIPATION IN RESEARCH IS VOLUNTARY. You have the right to decline to participate or to withdraw at any point in this study without penalty or loss of benefits to which you are otherwise entitled.

You have read this information, which is printed in English. This is a language that you read and understand

If you wish to participate in this study, you should sign below.

_____ _____
Date Participant's Signature for Consent

_____ _____
Date Person Obtaining Consent

OPTIONAL CONSENT ITEMS
UNIVERSITY OF CALIFORNIA, SAN FRANCISCO

Please read each sentence below and think about your choice. If you agree with any of the statements below, sign and put today's date.

If you have any questions, please ask the researchers, talk to your doctor, or call our research review board at (415) 476-1814. No matter what you decide to do, it will not affect your care or participation in this study.

1. **Someone may contact me in the future to ask me to take part in more research.**

_____ _____
Participant's Signature for Consent Date