

# A SYSTEMATIC REVIEW OF EFFICACY OF PSILOCYBIN FOR MAJOR DEPRESSIVE DISORDER

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## AIM AND HYPOTHESIS

This review examines the current evidence for using psilocybin in the management of Major Depressive Disorder (MDD). Building on recent studies that suggest positive outcomes of psilocybin on MDD, the review hypothesised that psilocybin has therapeutic efficacy in MDD.

## BACKGROUND

MDD is a common mental health disorder with limited treatment options. Conventional approaches have shown varying degrees of efficacy and safety profiles. Recent studies have explored the potential therapeutic effects of psilocybin in MDD.

## METHODS

PubMed, PsycINFO, Google Scholar and Scopus were searched to identify relevant studies published up to October 2023. Inclusion criteria included clinical trials and observational studies evaluating the use of psilocybin in individuals diagnosed with MDD. Studies not published in the English language were excluded.

## RESULTS

Nine studies met the inclusion criteria for qualitative synthesis. The reviewed studies showed a therapeutic role for psilocybin in treating MDD. Psilocybin-assisted psychotherapy demonstrates significant reductions in depressive symptoms across clinical trials. These effects were observed not only acutely during the psychedelic experience but also, notably, in the post-treatment period. Safety profiles have generally been favourable. Adverse reactions have been transient. The most common is mild anxiety during the psychedelic experience.

## CONCLUSION

Psilocybin treatment for MDD shows promise as a novel and effective therapeutic approach. However, further studies are needed to establish its long-term efficacy, population safety, and optimal dosing protocols.