MICRODOSING LSD. HAS THE TIME FOR ALBERT HOFFMAN’S WONDER CHILD COME? AN EXPLORATORY CROSS-SECTIONAL ONLINE SURVEY.

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Introducción: The study of microdosing psychedelics is an under-researched area. In the past years, microdosing LSD has emerged as a new trend. The study aim was to obtain knowledge and understanding of this new phenomenon. This was a descriptive, mixed-method, exploratory, cross-sectional study based on an online anonymous survey to examine the microdosing of LSD. The 48-item survey explored four areas: use of LSD in larger doses, microdosing LSD, mental health and psychological dependence, demographics. Data was collected for 28 days. 721 participants met the inclusion criteria. Use was mainly occasional with doses between 6-15 µg. Majority of respondents reported positive outcomes including improvements in mood, performance and enrichments in specific aspects of their lives. There was no evidence for psychological dependence. This exploratory study describes the sociodemographic profiles and practices of individuals using LSD in microdoses. Reports of improvements in different areas suggest further studies are needed to understand how microdoses of psychedelics act on consciousness and whether these can be of use as therapies for psychological problems, increasing cognitive and physical performance, personal growth and spiritual development.