

AMA Study: Microdosing Surges Amid Psychedelic, Cannabis Law Changes

A new study funded by the American Medical Association (AMA) and conducted at the University of California San Diego reveals a significant spike in public interest in microdosing [cannabis and psychedelics](#). According to the study, Google searches related to microdosing grew by an astounding 1,250 percent from 2015 to 2023, coinciding with reforms in cannabis and psychedelics policies across the United States.

Analysis of Google Search Trends

Researchers analyzed Google search queries from 2010 to 2023, examining the correlation between microdosing interest and legislative changes at local and state levels. They observed a notable increase in microdosing searches following reforms that decriminalized psychedelics and legalized cannabis in various jurisdictions.

Legislative Impact on Public Interest

The study employed an event-time difference-in-difference model to assess the impact of policy changes on microdosing trends. Key findings include:

- **Steady Growth Post-2014:** Microdosing searches remained stable until 2014, after which they increased annually. By 2023, there were approximately 3.0 million microdosing searches in the US.
- **Influence of Reforms:** Local and statewide reforms showed varying impacts on microdosing interest:
 - Local psychedelics decriminalization laws led to a 22.4 per million increase in search rates.
 - Statewide psychedelics reforms correlated with a 28.9 per 10 million increase.
 - Statewide adult-use marijuana laws saw a 40.9 per 10 million increase.
 - Medical cannabis legalization resulted in an 11.5 per 10 million increase.

Medical Community's Response

Researchers emphasized the importance of conducting clinical studies to establish the safety and efficacy of microdosing for various health conditions. They highlighted concerns about the legal risks associated with psychedelics, which remain Schedule I substances under federal law.

Call for Evidence-Based Practices

Eric Leas, senior author of the study and assistant professor of public health, stressed the need for evidence-based practices amidst growing public interest. He cautioned against the potential dangers of unproven alternative therapies and emphasized the medical community's responsibility in ensuring patient safety.

Future Directions and Recommendations

The study concluded by recommending:

- Further population-based surveillance to understand demographic trends in microdosing.
- Rigorous clinical studies to evaluate the safety profile and therapeutic benefits of microdosing.
- Policy reforms to align with evolving public interest and scientific evidence.

Continued Legal and Scientific Developments

Despite federal prohibitions, states continue to advance cannabis and psychedelics reforms, reflecting shifting attitudes and growing acceptance. The AMA study underscores the need for comprehensive research to inform policymaking and clinical practices in the evolving landscape of psychedelic and cannabis use.

Recent Developments in Psychedelic Research

Recent studies highlighted in the article suggest ongoing scientific exploration into the therapeutic potential of psychedelics, including treatment for mental health disorders and potential benefits in psychotherapy.

As public discourse and legislative efforts continue to shape the future of cannabis and psychedelics policy, the AMA study provides crucial insights into the rising interest and the need for evidence-based approaches in healthcare and policymaking.

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