



Information Letter to Participants

Dear participant,

This letter contains important information concerning the scientific research for which you may volunteer to participate.

The Research

Title

“The influence of psychedelics on early maladaptive schemas and schema modes”

Aim of the Research

Our primary aim is to investigate whether the psychedelic experience can influence a person’s core beliefs about the world, oneself, and one’s relationship with others. If this is the case, our secondary aim is to investigate whether a person’s mental-emotional reactions to their environment and to the psychedelic experience play a role in this change of core beliefs. Next to these aims, we also intend to investigate the influence the retreat setting and the nature of the psychedelic experience. The questionnaires you will receive are common clinical instruments used in a variety of research and clinical contexts. Please note that it has not been previously investigated whether there is a relationship between core beliefs and the psychedelic experience.

Participants

For this research, we are looking for healthy volunteers who can speak, read, and write in English or Dutch. You can participate if:

- you are at least 18 years old.
- you have not had a psychedelic experience within the last 3 months.
- you are not currently taking part in a type of schema therapy.
- you are planning to attend a psychedelic retreat.

If you need to excuse yourself based on the exclusion criteria above, you can do this without disclosing your specific reason. Should you disclose your reasons for withdrawal from the experiment, this will NOT be registered by the experimenter and the information will remain confidential.



Details of the Research

Place and Time

We will send links to 3 online surveys to your email:

1. Survey 1: Complete this at least one week prior to your retreat attendance. This survey can take up to one hour.
2. Survey 2: Complete this approximately 48 hours after consuming the psilocybin truffles. This survey can take up to two hours.
3. Survey 3: Complete this one month after your retreat attendance. This survey can take up to one hour.

Design of the study:

Your participation in this research consists of surveys which you will receive through your email and which you will complete at home. You will receive an email with three survey links and survey instructions. At the start of the first survey, you will provide your consent to participate in this study and generate your own participant number. Please save this number for yourself, you will need it for the other two surveys as well. The first survey contains demographic questions, a questionnaire to assess your core beliefs (YSQ), and a questionnaire to assess the mental-emotional reactions you tend to have to your environment (SMI). About 48 hours after you have completed the psychedelic ceremony, please return to the email with the survey links and complete the second survey. This survey consists of a setting questionnaire, an altered states of consciousness questionnaire (5D-ASC), and again both the core beliefs (YSQ) and the mental-emotional reactions (SMI) questionnaires. One month after your retreat attendance, please again open the email with the survey links and complete the last survey consisting of the core beliefs (YSQ) and mental-emotional reactions (SMI) questionnaires.

What you Need to Know

Possible Risks Involved in the Research

There are no risks involved in this research.

Compensation

There is no compensation for this research.



Voluntary Participation

Participation in this study is completely voluntary. This means that you are able to end your participation at any time and without any explanation. Withdrawing from the study will not have any detrimental consequences for you.

Confidentiality Agreement

All information collected in this study will be treated as strictly private. Your data will be coupled only to your participant number. All data will be processed and stored using your participant number only. All your data will be anonymized, meaning any identifying information you have written in the questionnaire will be removed or changed before files are shared with other researchers or results are published as a scientific article. The anonymized data will be shared in the context of Open Science. The data will be stored for 10 years after the study has ended. In case you have any questions related to data privacy and regulations related to anonymity of the responses, you can contact the privacy officer at the University of Leiden: privacy@fsw.leidenuniv.nl

Contact for Questions or Complaints

Any questions and any complaints related to this research can be directed to the project leaders:

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