

Psychedelic consumption: the reality beyond the myth

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Introduction

Psychedelics have been used in a ritual and then medical and festive context over time in search of introspection and dissociative effects. Today, substance use among young people is high, with a proliferation of available substances. What is the place of psychedelics in the reshaping of the drug scene? With the arrival of new synthetic drugs, some of which have hallucinogenic properties, what is the current use of historical substances such as magic mushrooms, ketamine and LSD among young people? The objective of this work is to quantify and characterize psychedelic use in the youth.

Material and methods

OCTOPUS observatory enables us to describe and to characterize profiles of substance use in music festivals attendees. Subjects were included in 13 music festivals (electronic, dub and eclectic music) in Loire-Atlantique from July 2017 to July 2018. Data collected by trained interviewers using a

questionnaire include individual characteristics, tobacco, alcohol and illicit psychoactive substances use. We analyzed here the use of psychedelic drugs in the last 12 months.

Results and conclusion

Of the 483 subjects included, 314 were substance users excluding tobacco and alcohol. Within these consumers, 110 subjects (35%) reported use of psychedelics. These were young, mainly male, socially integrated subjects with a high education level and few comorbidities.

A total of 43 mushroom, 37 ketamine and 74 LSD consumptions were reported. The effects sought were mainly comparable for mushrooms and LSD (“euphoria” and “derealisation”) and differed for ketamine (“high” and “release” in addition). Consumption was at least monthly in about 1/6 for mushrooms consumptions and 1/3 for ketamine and LSD consumptions. Number of dependent subjects varies according to the substance (quantitative aspect) as does the repartition of positive DSM items (qualitative aspect).

Addictologists should be aware of the frequency of use, regularity and potential substance use disorders associated with psychedelics

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