



MDMA

POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

What are psychedelics?

High rates of treatment refractory PTSD have spurred a search for novel treatment approaches. One therapeutic candidate is 3,4-methylenedioxymethamphetamine (MDMA), which is an illicit psychedelic drug known for its widespread recreational use. By combining purified MDMA, rather than illicit “ecstasy” obtained from a non-medical setting, with psychotherapy it facilitates therapeutic techniques. These include revisiting traumatic experiences with an appropriate level of emotional engagement. Through targeting multiple neurotransmitter systems, MDMA may offer pharmacologic advantages to SSRI antidepressants, which are restricted to a single neurotransmitter domain (serotonin).

What is the evidence on psychedelics for PTSD?

Moderate to low quality evidence found large improvements in symptoms, response, and remission with MDMA-assisted psychotherapy (supportive therapy) compared to placebo or low-dose MDMA (25-40mg). MDMA treatment dose ranged across studies, from 50mg to 125mg over 1-3 sessions.

For more information see the technical table



NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate